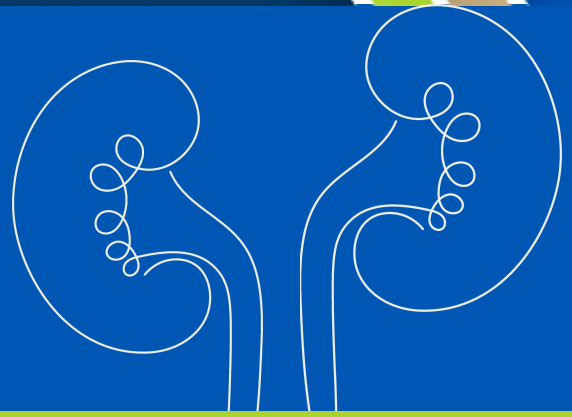


Stay in Control: Manage Your Fluids!



Bulletin Board Theme

Main Message

Educate dialysis patients about the importance of fluid management to prevent complications, reduce hospitalizations, and improve overall health.

Header Section: Stay in Control – Manage Your Fluids!

The header should feature the bold title "Stay in Control – Manage Your Fluids!" with a water droplet and dialysis machine image. Include the tagline "Too much fluid can harm your heart and lungs. Let's keep it balanced!"

Section 2: Understanding Fluid Limits

Post the "Your Fluid Intake Matters!" flyer with key takeaways on why fluid restriction is important, how excess fluid affects the heart and lungs, and signs of overload like swelling and shortness of breath.

Section 3: Tips for Managing Fluid Intake

Reference the "Tips from Kidney Patients like you!" (pages 14-15) and "Tips for Lower Salt Intake" (pages 8-9) from the Fluid Management Workbook. Include practical strategies like measuring fluids daily, using smaller cups and ice chips, limiting salty foods, and keeping a fluid log.

Section 4: Call to Action (Bottom of the Board)

Include a QR code that patients can scan with their phones to view a short video on how missing treatment impacts fluid management, and provide contact information for dialysis nurses or dietitians for patient questions.



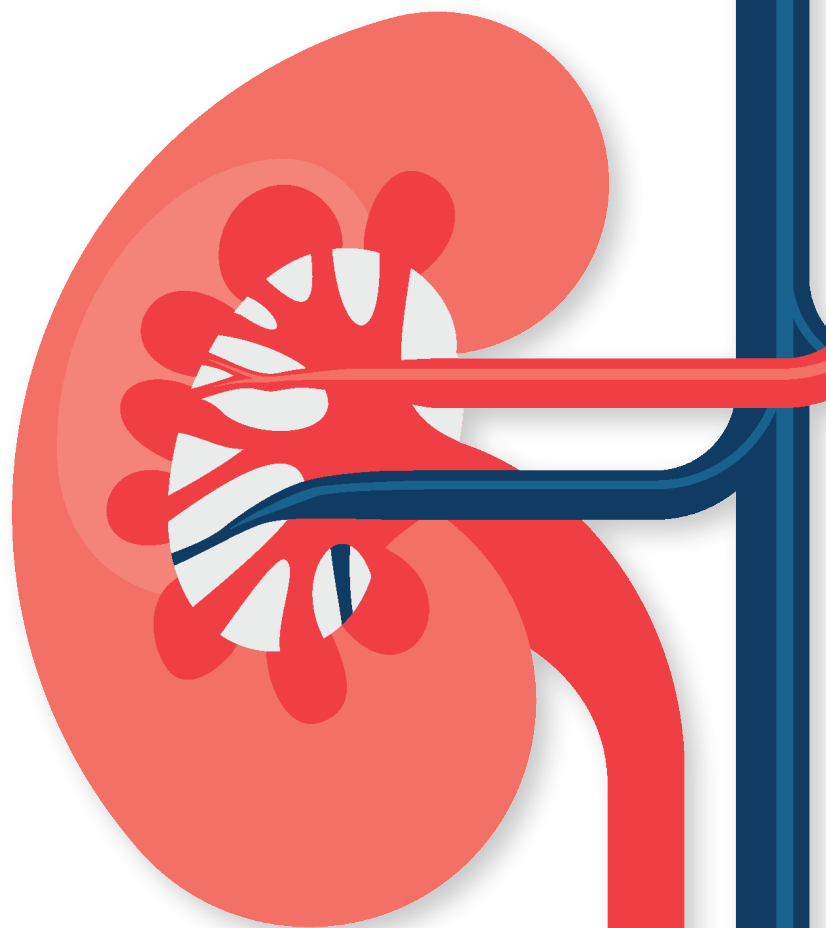
BONUS Interactive Section: Fluid Challenge Tracker

- Create a space for patients to write one tip they will try from the Fluid Management Workbook.
- Encourage participation with a sticker or small reward system.

Action Items

- **Take the Pledge:** Have patients write their name or a goal for fluid control on a water drop.
- **Recognition/Reward:** Display the drops on the walls of the lobby or near the weighing scale. Or place the drops in a pitcher for a chance to win a small prize.
- **Fluid Challenge Tracker:** A simple sign-up sheet where patients can write one fluid management tip they will follow (e.g., "I will drink from a smaller cup").

Effective Fluid Management in Dialysis: Enhancing Patient Care



Join Us in Transforming Dialysis Care!

Fluid management is important for dialysis patients to ensure effective treatment and improve quality of life. Scan the QR codes below to access our resources to support both patients and healthcare providers.

Watch “Missing Dialysis Treatments Add Up”



qualityinsights.info/3R4x2PV

Download “Every Drop Counts: Education and Activity Workbook”



qualityinsights.info/456ZFIm



Your Fluid Intake Matters!



Kidneys help balance the fluid in your body. When kidneys stop working, balancing fluid in and out for your best health can be harder. Dialysis only removes some of the extra fluid in your body. In-center hemodialysis, especially, takes extra planning to stay in healthy fluid balance. For most people, this means:

- Limiting how much fluid you drink and eat.
- Attending all your scheduled dialysis treatments. Do not miss a treatment.
- Taking your full dialysis treatments allowing the healthcare team to “take off” the amount of fluid prescribed by your doctor.

Too much fluid in your body can cause serious health problems, including:

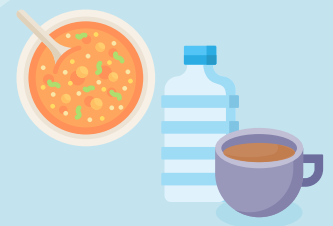
- High blood pressure (BP)
- Large drops in BP, dizziness, and cramps during dialysis
- Headaches
- Heart failure and hospitalization
- Edema (swelling of feet, legs, and face)
- Longer dialysis treatments and/or extra treatments to remove fluid

What is fluid?

Fluid is anything that is liquid, or mostly liquid, at room temperature. That includes some foods, too like soups, watermelon, pudding, and cucumbers. Most dialysis patients need to limit their fluid intake to 32 ounces or 4 cups per day. Talk to your dialysis team about what your fluid intake should be.

Do you need ideas on how you can limit your fluid intake and minimize your feelings of thirst? Check the boxes of which ideas you'll try.

- ☐ Drink from a small glass, cup, or bowl (no more than 6 ounces).
- ☐ Add lemon to a cold cup of water. This will help with thirst and dry mouth.
- ☐ Eat a piece of cold or frozen fruit.
- ☐ Eat soup or cereal with a fork instead of a spoon.
- ☐ Suck on a piece of sugar-free hard candy, ice cube, or lemon.
- ☐ Chew sugar-free gum or candy. Avoid foods that contain a lot of sugar.
- ☐ Limit high-sodium/salty foods.
- ☐ Measure and track your fluid intake by using measuring cups before you eat or drink anything that is a liquid. Record the amount of fluid intake in your food log.
- ☐ Review your food log with your dialysis dietitian to be sure you do not exceed your recommended daily fluid intake.



Fluids

Water • Coffee
Soda • Tea • Ice Cubes
Alcohol • Milk
Ice Cream • Yogurt
Gelatin • Soup • Sauces
Melons • Juice
Lemonade • Gravy
Sherbet



Remember to:

- Talk to your nephrologist about looking into kidney transplant and/or home dialysis.
- Ask your facility dietitian about other ideas based on your personal information.
- Always take your full dialysis treatment to remove as much fluid as you safely can.



This material was prepared by the End Stage Renal Disease National Coordinating Center (ESRD NCC) contractor under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents do not necessarily reflect CMS policy not imply endorsement by the U.S. Government. FL-ESRD NCC-7N5TA2-02022021-01



Fluid Management Challenge Tracker

Patient Initials	My Plan to Limit Fluid/Salt	Did You Follow the Plan (Y/N)	Successes & Challenges

Fluid Management



Every Drop Counts

Education and Activity Workbook



Midwest
Kidney Network



Quality
Insights

Renal Networks 3, 4 and 5



For full resource, visit: beacon.by/quality-insights/fluid-management-toolkit-june-2024-508pdf

