



**ALLIANT**  
ESRD NETWORK 14

\_\_\_\_\_  
Patient's Name

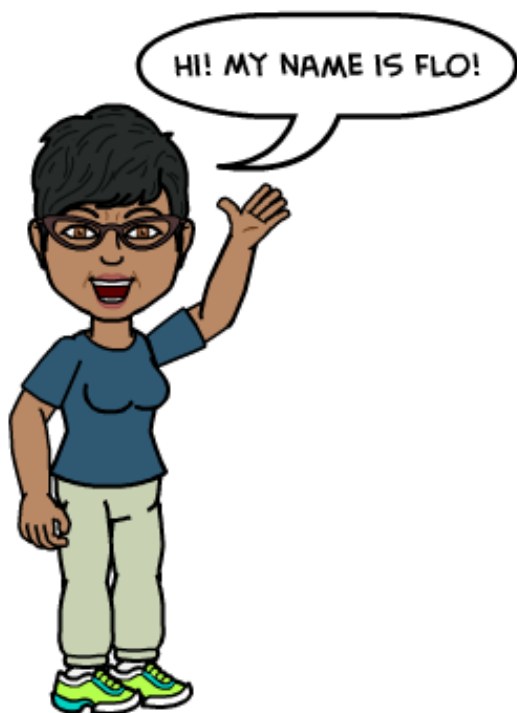
# Fluid Management Workbook



Developed by the Alliant Health Solutions ESRD Network 14 Patient Engagement Learning and Action Network (PE LAN), in partnership with:

- ESRD patients and families
- Baylor Scott & White
- DaVita
- Diversified Specialty Institutes
- Fresenius Medical Care
- Liberty North Texas
- Renal Ventures
- Sankar Nephrology Group
- Satellite Healthcare
- U.S. Renal Care

# Meet Flo



I am a dialysis patient. To help me stay healthy, my Care Team told me that managing my fluids is important. Two ways that I can do this is to be careful about how much fluid I drink and eat in foods like watermelon and going to all of my dialysis treatments. This is because my kidneys do not work. If too much fluid builds up in my body, dialysis will not be able to take it all out. Watching what I eat and drink is part of what is called *fluid management*. Taking an active part in my care by going to all of my treatments and

*managing* the fluids I take in will help me to feel my best!

Hey! Maybe you can help me out! Each section of this workbook is called a module. Each module has activities that will help me and other dialysis patients learn more about *fluid management*. Let's work together on this workbook to stay healthy!

Module 1: Setting SMART goals for fluid

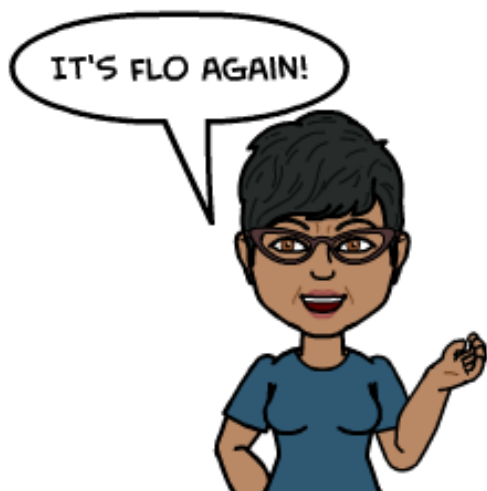
Module 2: How much fluid can I have?

Module 3: How much salt is okay to eat?

## FLUID MANAGEMENT WORKBOOK: INTRODUCTION

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# Module 1: Setting SMART goals



Thanks for helping me with these activities. My Care Team told me that any good plan starts with a good goal. The activities in this section are all about how the kidneys work and how we can set SMART goals to improve our health. We are on our way to understanding *fluid management*!

Let's start by learning about SMART goals. Then we can complete the goal worksheet. After we finish two or more activities, your staff or Facility Patient Representative (FPR) will check you off for this section. Every month, your dialysis center will do something to celebrate the patients that learn about *fluid management* from this workbook.

## Activities in Module 1: Complete two or more activities

- Learning Activity: What is a SMART goal?
- Main Activity: Set a SMART goal worksheet**
- Maze Activity: How do the kidneys work?
- Coloring Activity: Achieving a SMART goal
- Picture Activity: Which Flo has the best amount of fluid?

\_\_\_\_\_ (patient name) completed two or more activities in  
this module on \_\_\_\_\_ (date).

\_\_\_\_\_ (Staff or FPR signature)

**Learning Activity 1: What is a SMART goal?**

SMART is an acronym, which means that each letter in the word stands for another word. The words in SMART can help us make a goal that we can meet!

**S**pecific: the goal will focus on one idea.

**M**easurable: we can track the goal to see our progress.

**A**chievable: we can make this goal happen.

**R**ealistic: the goal will take effort, but we can reach it.

**T**imely: we can set dates that will help us meet our goal.

For this activity, circle the sentences that are SMART goals. One is already done for you. For goals that are not SMART, how could you improve them?

I will eat less salty foods.

I will gain 2-4 pounds (1-2 kg) between treatments in August.  
(in-center hemodialysis patient)

I will exercise a lot.

I will gain no more than one kg per day.  
(home dialysis patient)

I will go to ALL of my dialysis treatments this month.

I will weigh myself at home.

**Main Activity 2: Set a SMART goal worksheet**

Taking part in your health care will make you feel better. Let's try writing a SMART goal to help you manage your health care!

Some rules to follow:

1. Be specific! Pick one behavior you want to change. For example, your goal can be drinking only two cans of soda a week instead of five cans a week.
2. Remember to make your goal a SMART one. The activity below will help you.
3. Think positively! Use positive language like "I can" or "I will" in your goal.

Now, let's try it out!

What would you like to work on? (Ex: I want to gain fewer pounds between treatments.)

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1. Is it **S**pecific? (Can you answer the questions who, what, when, where, and why?)

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2. Is it **M**easurable? (What will you count to see if you are making progress?)

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3. Is it **A**chievable? (Can this really happen?)

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4. Is it **R**ealistic? (If you try, can you get to your goal?)

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5. Is it **T**imely? (When do you want to get to your goal?)

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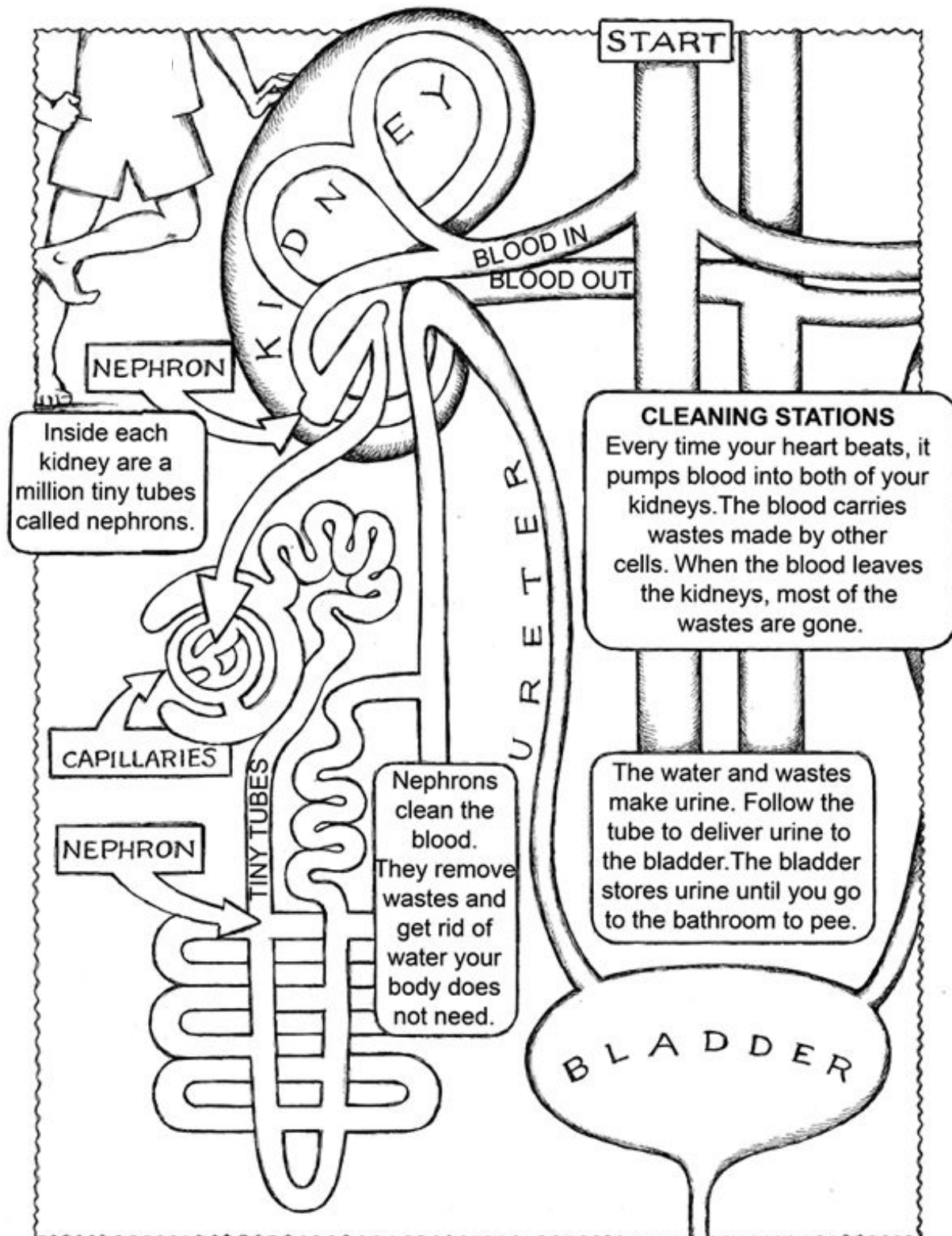
My **SMART** goal:

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### Maze Activity 3: How do the kidneys work?

Healthy kidneys take in blood and clean it by removing toxins (things that can harm your body) and extra fluid. Kidneys send the clean blood back into your body and the toxins and fluid out through waste materials, like urine. In kidney failure, kidneys cannot clean the blood and remove extra fluid anymore. Follow the maze to learn how this system works!

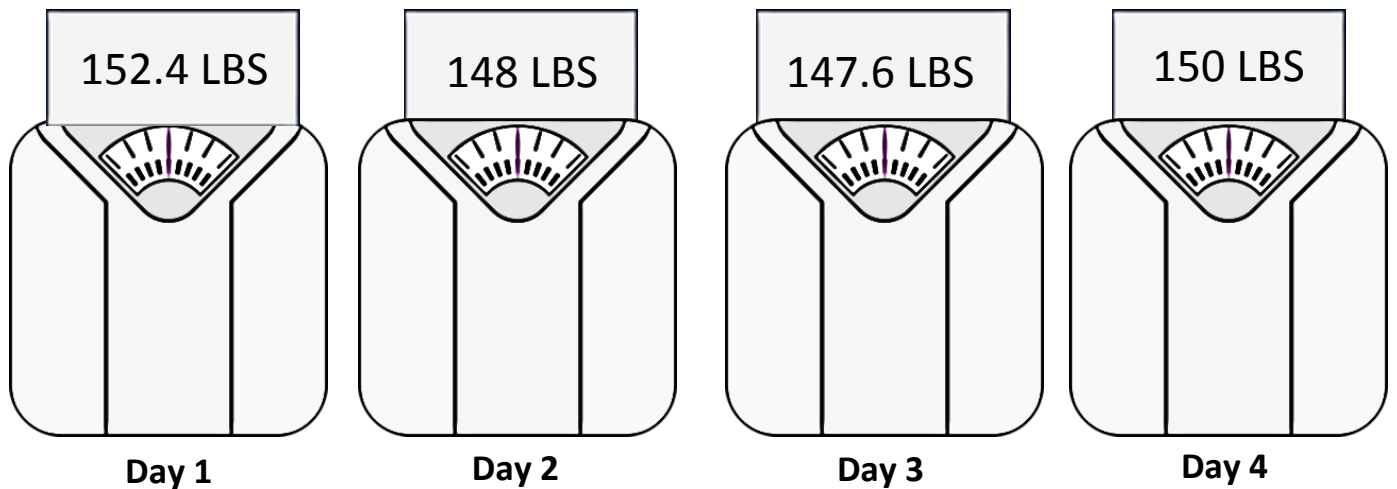


#### Coloring Activity 4: Achieving a SMART goal

Flo is an in-center hemodialysis patient and weighs **145.2 pounds**. With the help of her Care Team, Flo set a SMART goal to gain between 1 and 3 pounds between treatments this month. Flo is going to weigh herself every morning at home to stay on track.

#### Help Flo track her weight!

Here are pictures of Flo's home scale. If Flo gained **less** than 3 pounds, color the scale **GREEN**. If Flo gained **more** than 3 pounds, color the scale **RED**.



#### Help Flo measure her weight!

After her last treatment, Flo weighed 66 kilograms. The nurse told her that 1 kilogram is the same as 2.2 pounds. Help Flo figure out her weight!

- When Flo knows the kilograms, she multiplies by 2.2 to get pounds  
 $66 \text{ kilograms} \times 2.2 = 145.2 \text{ pounds}$
- When Flo knows the pounds, she divides by 2.2 to get kilograms  
 $145.2 \text{ pounds} \div 2.2 = 66 \text{ kilograms}$

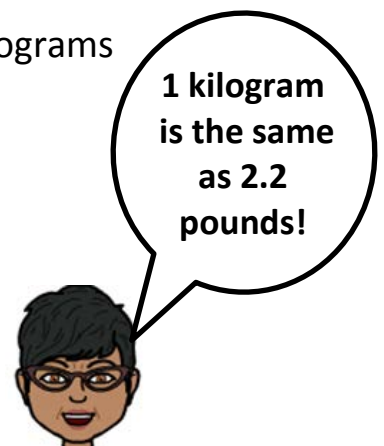
#### How many kilograms did Flo weigh each day?

Day 1:  $152.4 \text{ pounds} \div 2.2 \text{ pounds} = 69.3 \text{ kilograms}$

Day 2: \_\_\_\_\_ pounds  $\div$  2.2 pounds = \_\_\_\_\_ kilograms

Day 3: \_\_\_\_\_ pounds  $\div$  2.2 pounds = \_\_\_\_\_ kilograms

Day 4: \_\_\_\_\_ pounds  $\div$  2.2 pounds = \_\_\_\_\_ kilograms



Picture Activity 5: Which Flo has the best amount of fluid?

Circle the picture that shows Flo with the best amount of fluid.

Use the symptoms and signs in the boxes to know when Flo is feeling the best!



The Flo in this picture:

1. Has lost weight
2. Has low blood pressure
3. Feels faint, tired, and weak
4. Has a headache, is dizzy, and has blurry vision
5. Is sweating, nauseous, and has cramps



The Flo in this picture:

1. Is near her dry weight
2. Has normal blood pressure
3. Feels good



The Flo in this picture:

1. Has gained weight
2. Has high blood pressure
3. Can't lie down on her back
4. Can't sleep at night
5. Has a headache and is tired
6. Coughs and has trouble breathing

**Ideal Dry Weight (IDW):**  
This is what you should weigh without any extra sodium (salt) or fluid in your body.

**Your IDW is:**  
\_\_\_\_\_

Date: \_\_\_\_\_





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