



ALLIANT
ESRD NETWORK 14

Patient's Name

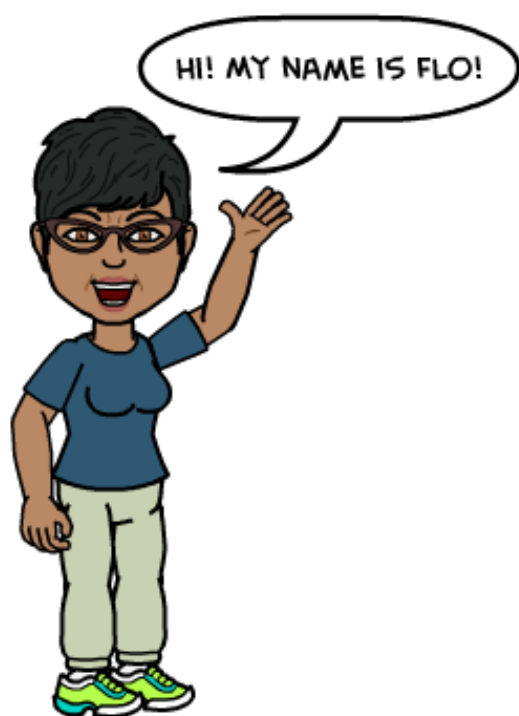
Fluid Management Workbook



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

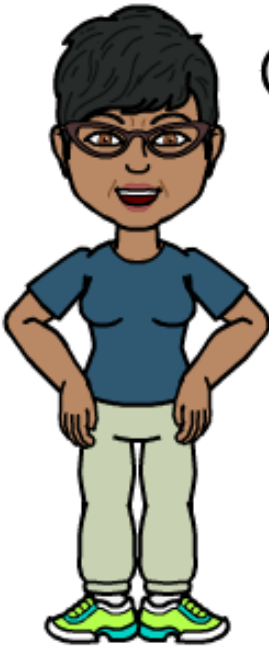
Module 2: How much fluid can I have?

Module 3: How much salt is okay to eat?

FLUID MANAGEMENT WORKBOOK: INTRODUCTION

To file a grievance please contact the Alliant Health Solutions ESRD Network 14 at 1-877-886-4435, NW14info@allianthealth.org, 4099 McEwen Rd, Suite 820, Dallas, TX 75244, or [www.https://quality.allianthealth.org/topic/esrd-nw14/](https://quality.allianthealth.org/topic/esrd-nw14/)

Module 2: How much fluid can I have?



You did a great job on the Module 1 activities! Now I need to know how much fluid I can have on dialysis. My dietitian said that every patient is different. She also said that some foods have fluid! I still have a lot to learn! Let's complete the activities in this section to learn which foods are high in fluid.

Complete at least two activities. When you are done, ask your staff or Facility Patient Representative (FPR) to sign off so you can join the monthly celebration! Do you know

who your FPR is? Ask your dialysis center staff!

Activities in Module 2: Complete two or more activities

- Learning Activity: Which foods are high in fluid?
- Main Activity: Track my daily fluid weight worksheet
- Quiz Activity: *Let's Talk About... Fluids* video
- Matching Activity: Help Flo control her thirst

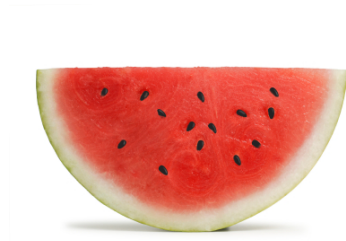
_____ (patient name) completed two or more activities in
this module on _____ (date).

_____ (Staff or FPR signature)

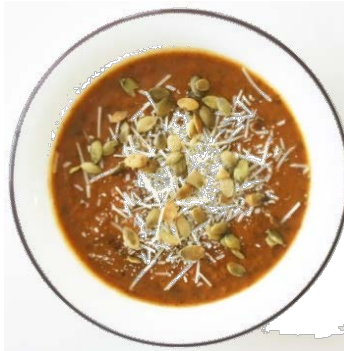
Learning Activity 1: Which foods are high in fluid?

Some foods have more liquid in them than others. If you eat a food that is liquid at room temperature, the fluid will build up in your body. Too much fluid will make your body swell up. You might even have problems breathing! Dialysis may not be able to remove all the extra fluid.

Activity 1. Look at the pictures. Circle all of the *high fluid foods*. (A *high fluid food* is a food with a lot of liquid or water in it.)



Watermelon



Soup



Fish sandwich



Popsicle



Chicken



Bread



Ice cream



Pasta



Jell-O

Main Activity 2: Track my daily fluid weight worksheet

Your Care Team has calculated your **target weight (TW)**. (Your *target weight (TW)* is how much you should weigh after dialysis takes the extra fluid out of your body. At your *TW*, you have no swelling and your blood pressure is good.) If you eat too many **high fluid foods** or drink too much liquid, it can be hard to reach your *TW*.

Activity 2. Do you know your *TW*? Ask what your *TW* is and write it down. Then you can use this tracker to make sure you do not gain or lose too much fluid between treatments. Track your weight at least ONE (1) week.

- Weigh yourself at the same time every day.
- Write down how much you weigh. (Circle **lbs** for pounds or **kgs** for kilograms.)
- Is your weight HIGHER or LOWER than your *TW*? If it is, write down how much.

YOUR Target Weight (TW): _____ lbs/kgs
(Home dialysis patients should try to reach your *TW* every day.)

YOUR Goal: Gain less than _____ lbs/kgs between treatments.



My TW is 66 kgs. This is how much I should weigh AFTER my dialysis treatment!

Week 1: (month/day/year): _____/_____/_____

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs
Under/Over TW	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs

Week 2: (month/day/year): _____/_____/_____

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs
Under/Over TW	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs



Activity 3. Watch the video “Let’s Talk About... Fluids” and then answer the questions. You can watch the videos on the Internet in English and Spanish:

- English: <https://www.youtube.com/watch?v=2F2mcR-UR0k>
- Spanish: <https://www.youtube.com/watch?v=vdSAa9fzMvg>
- Or you can search the Internet for “Let’s Talk About... Fluids”

Even if you do not watch the videos, you can try to answer the questions!
How much do you know about *fluid management*?

Circle *True* or *False* for each statement.

- | | | |
|--|------|-------|
| 1) Fluid is found in 3 places in your body. | True | False |
| 2) Too much fluid may give you painful cramps. | True | False |
| 3) Too much fluid does not cause swelling. | True | False |
| 4) Too much fluid can stretch your heart. | True | False |
| 5) You might avoid serious health problems if you manage your fluids well. | True | False |

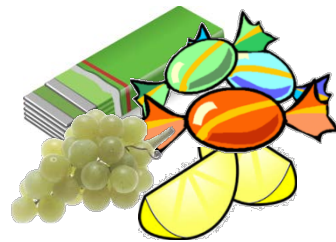
What foods might make you gain too much fluid?

Matching Activity: Help Flo control her thirst

People feel thirsty for a lot of reasons. If you eat too much salt, or if you do not take care of your diabetes, you might feel thirsty. This activity will help you find ways to control your thirst without gaining too much fluid.

Activity 4. Help Flo control her thirst and manage her fluids. Fix Flo’s problem on the left with the idea on the right that will help her feel less thirsty. One is done for you. *Hint: More than one (1) idea may fix Flo’s problem!*

Flo’s lips are dry.



Provide moisture without a lot of fluid.

Flo needs to take her medicine.



A clean mouth feels less dry.

Flo’s mouth is dry.



Keep your lips and mouth moist.

Flo’s recipe calls for salt.



Measures all your liquids.

Flo doesn’t know how much to drink.



Use seasoning that is low in salt or sodium.



Take medicine with applesauce.



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To file a grievance please contact ESRD Network 14 at 1-877-886-4435 (phone), 972-503-3219 (fax), NW14info@allianthealth.org (email), or [www.https://quality.allianthealth.org/topic/esrd-nw14/](https://quality.allianthealth.org/topic/esrd-nw14/).