

Silver Award Project Utility

Facility: Dialysis Clinic, Inc--Osage Beach

Silver Award User: Donna Whittle

Project Status:

1. Description of Project:

"Quart A Day Challenge" During the months of February to April, 2019, with funds from MoKP, we completed a "Quart a Day Challenge" at our hemodialysis clinic. We supplied all of our patients with a Motivational Quart Jar and education (via bulletin boards and handouts) on the importance of limiting fluid intake to below one quart a day. Staff members created words of encouragement that we placed on the jars to help patients keep track of their fluid intake and motivate them to limit their intake. Jars were filled with hard candy, which is one of the tips given to help deal with dry mouth and thirst. Fluid gains were tracked for every treatment and patients that met their goal were given prize tickets which could be redeemed for a small prize out of our prize case.

2. Outcomes Measured:

Comparison was made of the percentage of patients having
February March April

See attached QAPI goals.

3. Summary of Outcomes/Results:

There was significant drop in patients that came in heavy. Meaning greater than 1Kg. over dry weight. Patients that have always come in heavy made goal and earned a prize consistently. See attached QAPI results.

4. Impact on Patients:

Greater understanding of fluid restrictions. Why we limit fluids and the effects on your body. Patients asked questions. All patients joined the challenge and remained interactive throughout.

5. Lessons Learned:

My recommendation for future education would include continuing frequent dietary education interventions and when possible, including an incentive program to help increase interest in participation. The staff at DCI would like to express their thanks to MoKP for this opportunity to provide an extra educational opportunity for patients.



February is National Heart Health Month

This February, fill your heart with love... **not fluid!**

Most hemodialysis patients need to follow a fluid restriction. Ask your doctor or dietitian what your fluid restriction is.

A typical fluid restriction is 4 – 6 8 oz cups of fluid in a day,
which = 32 – 48 oz of fluid.

This includes **all fluids**. A fluid is considered anything that is liquid at room temperature, such as ice, popsicles, soup, pudding, and ice cream. Ask your dietitian for a more complete list of what counts as a fluid.

Hemodialysis patients need to limit their fluid intake, because your kidneys are no longer able to get rid of all of the extra fluid. That means your body carries around all of this fluid until your next dialysis treatment. Carrying around all of this weight makes your heart work harder.

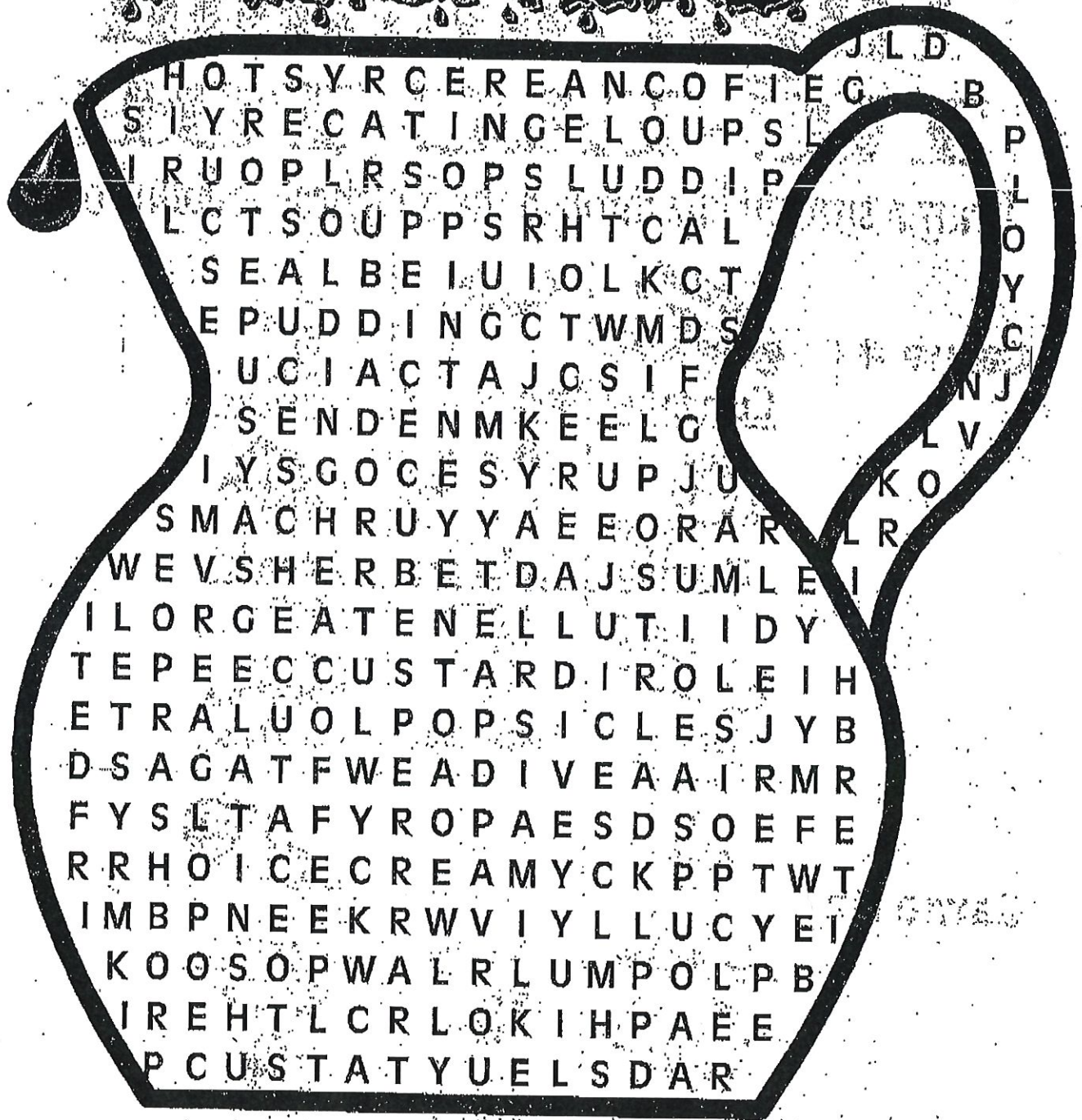
Over time, an over-worked heart will become enlarged and weak and can lead to Congestive Heart Failure.

Too much fluid can also cause swelling, shortness of breath, high blood pressure, and cramping during dialysis. If you gain too much fluid in between dialysis treatments, this can also cause a drop in blood pressure during dialysis. This can cause nausea, vomiting, light-headedness, or you may even pass out.

Follow these tips to prevent gaining too much fluid:

- ♥ Follow your fluid restriction, by measuring your fluid intake.
- ♥ Limit salt and sodium in your diet. In a day, you want to limit your sodium intake to 2000 – 3000 mg.
- ♥ Come to all of your dialysis treatments and stay for the entire time.
- ♥ If you are diabetic, control your blood sugars to help control thirst.

FLUIDS



- | | | | |
|------------|-----------|-----------|-------|
| Coffee | Ice Cream | Popsicles | Soda |
| Custard | Ice Cubes | Pudding | Soup |
| Hot Cereal | Juices | Sauces | Syrup |
| Gelatin | Milk | Sherbet | Tea |



Rise and Shine!

You're doing great!

Mid-day: Pace Yourself

Save some for dinner.

Quart-A-Day Challenge

Most people on dialysis do best with intake of 4 cups (1 quart) of fluid per day.

1 Quart = 1 Kg

How to Drink Lots

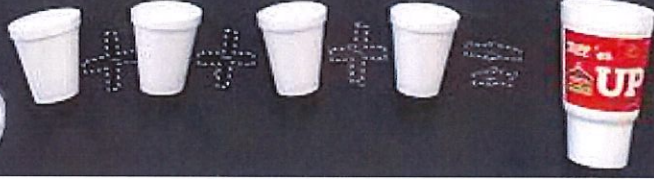
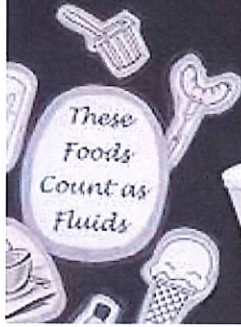
- Suck on hard candy
- Chew sugar free gum
- Suck on a lemon slice
- Eat frozen fruit
- Suck on ice cubes
- Use a small bottle to measure mouth.

Too Much Fluid Leads To

- high blood pressure
- swelling
- fluid around the heart
- increased dialysis time



These Foods Count as Fluids



These Foods Make You More Thirsty

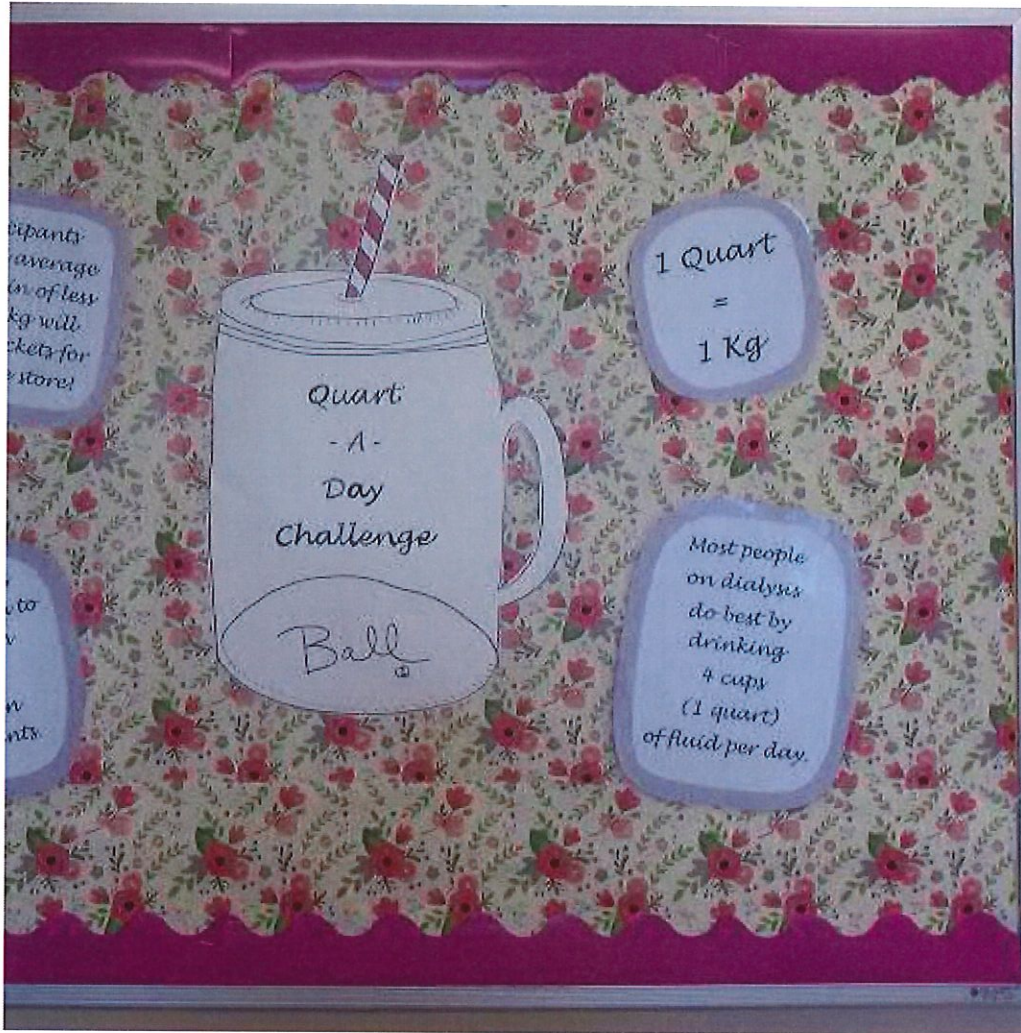


EMO-INCENTER *(Read only)*

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	Goal	Feb 2019	Jan 2019	Dec 2018	Nov 2018
<u>s with hypotension</u>		1.2 %	2.7 %	2.8 %	4.8 %
<u>s with cramps</u>		6.3 %	4.2 %	5.6 %	6.2 %
<u>s with patient by 1 kg or more</u>		19.5 %	21.6 %	22.0 %	23.7 %
<u>s with patient y 1 kg or more</u>		4.2 %	2.3 %	3.8 %	3.5 %
<u>inations by 10 re</u>		3.5 %	9.0 %	8.5 %	6.6 %





Participants
average
in of less
kg will
tickets for
store!

to
v
n
nts

1 Quart
=
1 Kg

Most people
on dialysis
do best by
drinking
4 cups
(1 quart)
of fluid per day.

Quart
- A -
Day
Challenge
Ball

