

# Silver Award Project Utility

Facility: JCW Renal Services  
Silver Award User: Tasha Davis

Project Status:

## 1. Description of Project:

Our project was based on fluid control due to patients with excessive weight gains between treatments. We educated all patients on tips to help manage fluid. They were given recipes for homemade dry mouth spray as well as pocket spray bottles to carry with them. They were also educated on the benefits of sugar free gum and sour candy to help eliminate dry mouth. Samples of oral swabs were provided with education to use swabs instead of drinking when mouth is dry. Each patient was also provided with a home scale. Dialysis patients are encouraged to stick to a 1 liter a day fluid consumption. The scale was provided to each patient with a reminder of their prescribed target weight and education to weigh themselves once a day to judge how much fluid they are retaining. As part of our project we received free samples of cotton mouth lozenges and salt free seasoning salt to provide to the patients as well. DCI provided copies of all educational handouts for the patients to take home.

## 2. Outcomes Measured:

% of monthly treatments with patient leaving heavy by 1kg or more.

## 3. Summary of Outcomes/Results:

In Jan 2019, 21.7% of treatments ended with patients leaving heavy by 1kg or more. Patients were educated in Feb 2019. Clinic result for Feb 2019 was 24% of treatments ending with patients leaving heavy by 1kg or more. It is important to note due to some extend hospitalizations we had less in-center treatments for the month of Feb then we did for Jan. Our original plan was to monitor results for Feb 2019 and March however there was an unexpected decision to merge patients from the JCW clinic to JCE. Due to the merger we are unable to separate out this type of data to know what our March results were. On a manual review of West patients weight gains it was noted that many of the patients have decreased their average kg weight change between treatments.

## 4. Impact on Patients:

Patients have asked numerous questions of staff regarding tips that were provided during this education project. Staff also reported one instance of a West patient who had been educated on ways to control their fluid sharing the information with an East patient after the clinic merger. Patients expressed greater interest in their weight gains in the weeks immediately following project education. Individual weight gains were noted to be in the range of 0.5kg to 1kg decreased for several of the patients.

## 5. Lessons Learned:

Educational information should be available in multiple different forms. Long-term patients who have been educated on these topics multiple different times continue to need education just as much as newer patients. We also learned there are many companies out there who are willing to give assistance to patients if asked. We received donations of salt free seasonings which are dialysis patient friendly as well as dry mouth lounges. I contacted these two different companies to ask for coupons for our low income patients to utilize and was graciously given samples of their products to distribute to our patients.

## Uploads from this facility

FileName:IMG\_4347.jpg

### Upload Description:

Picture of educational board made for clinic to assist with education of patients.

Upload Date:4/8/2019

FileName:IMG\_4350.jpg

### Upload Description:

Picture of educational board made for clinic to assist with education of patients.

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### Upload Description:

Picture of educational board made for clinic to assist with education of patients.

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FileName:IMG\_4349.jpg

### Upload Description:

Picture of educational board made for clinic to assist with education of patients.

Upload Date:4/8/2019

# SAY BYE BYE TO FLUID OVERLOAD

Limit the fluid you eat  
and drink to 4 cups  
per day!

## What counts as fluid?

As an easy guide, count all liquid intake.



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**Missouri Kidney Program**  
University of Missouri Health



Help Limit Your Health And Control Your Diet  
With Hard Sugar Free and/or Soft Candy

Lemon Drops

- Soak in a piece of regular or sugar-free hard candy to stimulate saliva.



**Super Size Gum for Dry Mouth!**



While anything that stimulates saliva may help fight dry mouth's sugar-free topical containing products are the best choice.

Chewing gum or hard candies that contain Xylitol or other sugar alcohols such as Sorbitol, Malitol, or Sorbitol may increase your saliva but it also works to prevent bacteria growth in your mouth, reducing inflammation through out your body.

\*Caution: Sugar alcohol products sometimes give a laxative effect if you are not adjusted to it. Start with small amounts!



**Do not skip treatments!**  
**Do not shorten treatments!**

