

Branson Dialysis & Branson Kidney Center – West Dialysis Unit
MOKP CKD Educational Silver Grant Program
April 2020

⊗ **Identification of Project:**

Need to further evaluate hypothesis that patients have inconsistent knowledge of fluid management that result in ICHD and Home Dialysis patients struggling to monitor their fluids adequately.

⊗ **Purpose of Education:**

Improve and maintain educational opportunities to increase knowledge on fluid management and reduce fluid overload.

⊗ **Outcomes Measured:**

Pre-testing completed to objectively measure patient's knowledge prior to fluid management education. Post-test completed to measure patient's knowledge once education was completed.

⊗ **Actions Taken to Measure Patients Knowledge of Fluid Management:**

1. Administered Fluid Management Pre-test to ICHD and Home Dialysis Patients (see attachment #1).
2. Provide patient education on specific topics on how to avoid fluid overload that included approved daily fluid allowances, how to manage thirst and foods that count as fluids (see attachment #2)
3. Provide each patient with a 16 oz acrylic tumbler with educational information inserted into the tumbler for ongoing education (see attachment #3).
4. Administered Fluid Management Post-Test to ICHD and Home Dialysis Patients (see attachment #4).
5. Registered Dietitian gathered, analyzed and documented statistical data from pre and post tests to determine outcome of fluid management education (see attachment #5).

⊗ **Outcome Achieved:**

Knowledge of fluid management increased in both ICHD and Home Dialysis patients at Branson Dialysis and Branson Kidney Center – West Dialysis Unit per pre and post testing.

MOKP CKD Educational Silver Grant Program Expenses	
16 oz Double Wall Acrylic Tumblers with Insert	\$660.00
TOTAL	\$660.00

Appreciation to MOKP for financially supporting this CKD Educational Project.

ATTACHMENT #1

Fluid Management Pre-Test:

1. How much fluid are you allotted for the day? (1 point)
2. Name two ways to help quench your thirst. (2 points)
3. Name two foods that count as fluid. (2 points)



MY FLUID NEEDS



Two (2) 16 oz. cups of approved fluid per day
TOTAL = 32 OZ. PER DAY

HOW TO MANAGE THIRST:

- Frozen Fruit
- Limit Salty Foods
- Suck on Ice Chips
- Brush Teeth
- Use Mouth Wash
- Suck on Hard Candy or Lemon Wedge

FOODS THAT COUNT AS FLUIDS:

- Soup
- Jell-O
- Ice Cream
- Grapes
- Watermelon
- Gravy
- Popsicles

More than 32 oz. per day is **fluid overload!** Fluid Overload can make your heart work harder, increase blood pressure, can cause swelling and shortness of breath.

FLUID NEEDS

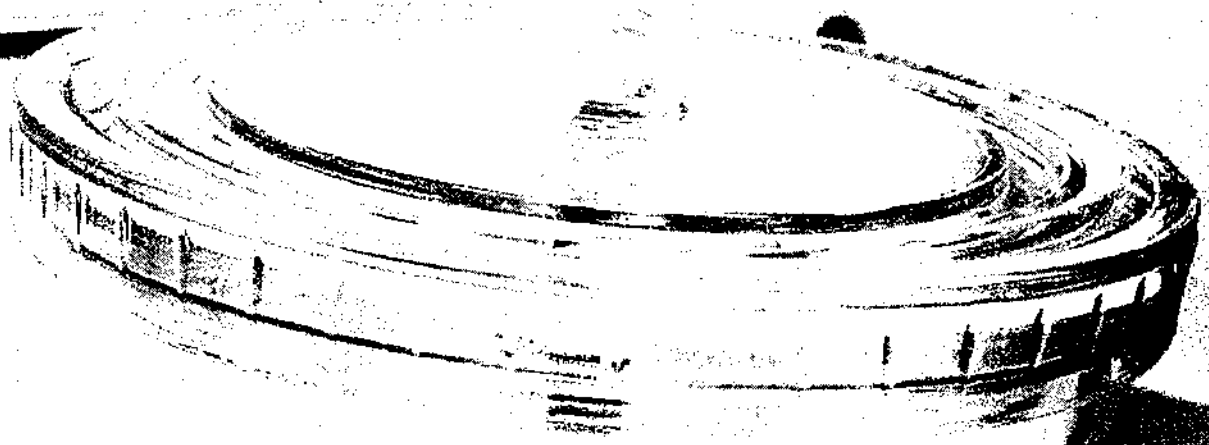
32 OZ. PER DAY

FOODS THAT COUNT AS FLUIDS:

- Soup
- Jell-O
- Ice Cream
- Grapes
- Watermelon
- Gravy
- Popsicles

Fluid Overload can make you
cause swelling and shortness

ATTACH ME



MY FLU

Two (2) 16 oz. cups
TOTAL 32 oz.

HOW TO MANAGE THIRST:

- Frozen Fruit
- Limit Salty Foods
- Suck on Ice Chips
- Brush Teeth
- Use Mouth Wash
- Suck on Hard Candy
- Lemon Wedge

32 oz. per day is fluid goal
to increase blood pressure

ATTACHMENT #4

Fluid Management Post-Test:

1. How much fluid are you allotted for the day? (1 point)
2. Name two ways to help quench your thirst. (2 points)
3. Name two foods that count as fluid. (2 points)

ATTACHMENT # 5

Fluid Management Education Results

Home Program:

Pre-Test

29 Tests, 145 total points available

Patient Results: 95 points (65%)

Post-Test

28 Tests, 140 total points available

Patient Results: 128 points (91%)

Branson Dialysis:

Pre-Test

26 Tests, 130 total points available

Patient Results: 78 points (60%)

Post-Test

22 Tests, 110 total points available

Patient Results: 96 points (87%)

Branson West Kidney Center:

Pre-Test

8 Tests, 40 total points available

Patient Results: 22 points (55%)

Post-Test

7 Tests, 35 total points available

Patient Results: 33 points (94%)

Fluid Education Improvement

