

# Silver Award Project Utility

**Facility:** Fresenius Medical Care - Sikeston #8605

**Silver Award User:** Jamilyn Hinkle

**Project Status:** Active

## 1. Description of Project:

Our project goal was to improve fluid management in dialysis patients at our clinic. This was measured using Fresenius Fluid Dashboard showing the percentage of patients with 3+ IDWG > 4% of EDW (3 or more treatments with interdialytic weight gain greater than 4% of their estimated dry weight). We tracked this monthly, (Feb, March, April) with a goal of decreasing our overall percentage of patients with 3+ IDWG > 4% of EDW. We also tracked fluid management using 3+ UFR > 13 mL/kg/hr, which shows which patients are removing more fluid at a faster rate than advised due to high fluid gains.

Initially, we used February's measurements on the fluid dashboard as a baseline, and then educated all patients on importance of fluid management. We used handouts attached. We used MOKP funds to purchase measuring cups, no salt seasoning, Lemonheads (to decrease thirst impulse) and tuna salad kits (low sodium, high protein snack). We then advised all patients that there would be a contest to win prizes (see attached handout). Prizes included blankets, toothpaste, lotion, socks, food and candy, and other items we thought patients would use or appreciate.

## 2. Outcomes Measured:

We used 3 tools to measure fluid management and progress/changes in February thru April.

- 1) Missed and Shortened treatments were monitored and measured using Fresenius MOST tool.
- 2) 3+ IDWG > 4% of EDW -- patients with high weight gains as defined by greater than 4% of EDW were measured. If they had 3 treatments or more during the month with high weight gain, they were excluded from the drawing and then we used focused interventions to address
- 3) 3+ UFR > 13 mL/kg/hr was another measurement used to identify which patients were having difficulty with fluid management

## 3. Summary of Outcomes/Results:

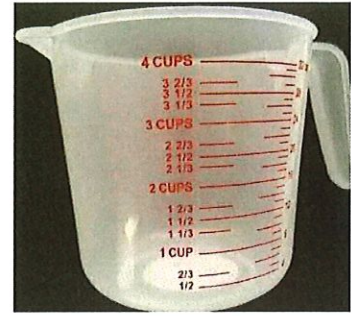
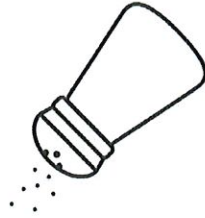
- 1) MOST: We saw an overall decline in Missed treatments. In January, 45% of patients missed 1+ treatment(s). we started education in February when missed treatments were 60%. Missed treatments declined to 27% and 34% in March and April, respectively.
- 2) 3+ IDWG > 4% of EDW -- We saw a decline in patients with high fluid gains. In February, March, and April, 35%, 27% and 22% of patients experienced high fluid gains between treatments 3 or more times, respectively.
- 3) 3+ UFR > 13 mL/kg/hr-- We also saw a decline in this measurement, showing improved fluid management. In Feb (18%), March(9%), and April(9%), patients and 3 or more treatments with elevated UFR.

## 4. Impact on Patients:

This project allowed us to educate and incentivize patients on the importance of fluid management. The impact is stronger healthcare for our patients, with less risk of hospitalization, cardiac issues, and death.

## 5. Lessons Learned:

Focusing on interventions, education, and spending adequate time with each patient individually truly makes a difference in healthcare and our patients' quality of life.



## Fluid Contest!!

Drawing is to be held the first week of April and May. Your name will be entered in a drawing based on the following:

1. Fluid gains within goal for the month = 2 entries
2. Improvement in fluid gains from last month = 1 entry
3. Come to every treatment each month = 1 entry

In order to be in drawing, the following is important:

- Limit fluids intake between treatments
  - You should not gain more than 1-2 kg on weekdays and no more than 3 kg over the weekend
- Come to each treatment
- Know your EDW (Estimated Dry Weight)
  - Staff is here to help you with monitoring your fluid gains and your EDW. We encourage you to please ask any questions you may have!



# Think Before you drink

8

8

8

8

16

16

OR

32

### WHAT ARE LIQUIDS

Liquids (fluids) are foods or beverages that are liquid at room temperature, such as:

- Coffee, tea, milk
- Sodas, sports drinks, juices, Lemonade, beer or wine
- Popicles, slush, ice cream, sorbet and frozen yogurt
- Soup and broth
- Yogurt, pudding, and gelatin (Jell-O)
- Water and ice cubes.

### WHY YOUR FLUIDS TAKE MATTERS ON DIALYSIS

Limiting fluids will help you feel better and stay healthier. TOO much fluid may cause the following:

- Headaches and low energy
- Swelling in your face, hands and feet
- Trouble breathing from the fluid in your lungs
- Heart damage from stretching your heart with too much fluid
- High Blood Pressure that can lead to a stroke

### WE MEASURE AND TRACK YOUR FLUIDS

Keep track of ALL the fluids you drink each day. **32 ounces** is the average goal for dialysis patients. Your goal may differ depending on weight and extra fluid retention. Please speak with your dietitian for extra fluid restrictions. Please keep track of your fluid intake if you are interested in your specific goal.

### TIPS FOR QUENCHING YOUR THIRST AND LIMITING FLUIDS

- Small cups and bottles are your best bet. No Need To Super Size!
- Eat cold or frozen fruits, like grapes, strawberries or blueberries.
- Control your blood sugar
- Suck on a piece of sugar-free hard candy or chew sugar-free gum
- Drink from small cups or glasses.
- Rinse your mouth with mouthwash
- Sip 10 minutes for a fluid craving to pass
- Keep cool on hot days- stay in the shade, use a mist bottle with a fan, use cool rags to keep head cooled down.
- Take pills with apple sauce instead of water

FRESenius  
KIDNEY CARE

Your feedback is important to us

Please participate in the ICH CAHPS: In-Center Hemodialysis Survey

For more information, please contact your dialysis center or visit [www.fresenius.com](http://www.fresenius.com)





**FRESENIUS  
KIDNEY CARE**

**FLUID MANAGEMENT**

## Managing Your Fluids... and Salt!

Healthy kidneys rid the body of excess fluid. Now that your kidneys are not working properly, excess fluids, toxins and unwanted waste have to be removed by dialysis. To help the body through this process, it is important for you to limit how much fluid you consume.

Controlling how much you drink isn't always easy! Managing your sodium intake will help with controlling your thirst and fluids so you can feel your best during dialysis and between treatments.



### **Learn More**

Download *My Foods to Choose* for a list of healthy fluids and 100+ other great food choices to help you feel your best.  
[www.FreseniusKidneyCare.com/Resources](http://www.FreseniusKidneyCare.com/Resources)



### **FLUIDS AREN'T JUST WHAT YOU DRINK**

Don't forget—foods that melt or are liquid at room temperature count as fluids!

**Thrive On**



## Shake Off the Salt

Eating foods high in sodium (salt) will leave you feeling thirsty. It's important to avoid using table salt and eating salty foods.



### FRESH

#### **Choose fresh foods.**

Limit processed, pre-packaged and ready-to-use foods. Often, all-natural and organic meats and poultry are lower in sodium and other preservatives.



#### **Read Nutrition Facts on the label.**

Choose foods with a % Daily Value of less than 10% for sodium. Also, be mindful of your portion sizes.



#### **Discover bold flavors.**

Use fresh or dried herbs, vinegar, garlic, onion and salt-free seasonings. When cooking and dining out, replace salt with bold flavors you love.

## Stay Healthy and Feel Your Best

Consuming too much fluid will likely cause excess fluid buildup between your treatments. Below are symptoms that may occur as a result of excess fluid:

- /// Headaches and low energy
- /// Swelling in your face, waist, hands and feet
- /// Trouble breathing
- /// Heart damage
- /// High blood pressure that may lead to a stroke

Feel better, stay healthier and live longer by limiting your fluid intake.

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# Tips and Tricks

## Limit fluid intake

- /// Avoid “fluid traps”—recognize when you’re drinking out of boredom or as a social habit.
- /// Wait 10 minutes until the fluid craving passes. Try counting up to 100, read or call someone before taking a sip.
- /// Spray your mouth with water instead of drinking.
- /// Keep yourself cool on hot days and avoid getting overheated. Use a mist bottle with a fan attached, wear loose-fitting clothing and pick shady spots if outdoors.
- /// Rather than taking medications with a drink, try taking them with applesauce.

## Quench your thirst

- /// Freeze your favorite beverage in a bottle and sip as the fluid melts.
- /// Freeze low-potassium fruits, like grapes, strawberries or blueberries.

## Relieve dry mouth

- /// Try sugar-free gum and hard candy, lemon wedges and tart fruits for moisture without a lot of fluid.
- /// Rinse your mouth with water or mouthwash but don’t swallow.
- /// Keep your lips moist with lip balm.
- /// Try breath-freshening spray.
- /// Consider use of over-the-counter products that provide symptom relief—such as moisturizing mouth spray.





# Manage Your Fluid

## Manage your weight

Your estimated dry weight (EDW) is your weight without extra fluid. In between each treatment, your weight changes based on your fluid intake.

Typically, you will gain about 1 kilogram (kg) for every 32 ounces (oz) you drink. Most people on dialysis limit fluids to 32 oz per day or less to gain no more than 1 kg or 2 pounds (lb) per day between treatments. Weigh yourself every day and learn how to manage fluid gains by measuring and tracking your fluid intake. Your care team is here to help you manage your weight and feel your best.

1 kg = 2.2 lb

3 kg = 6.6 lb

5 kg = 11 lb

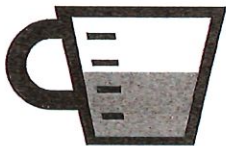
2 kg = 4.4 lb

4 kg = 8.8 lb

6 kg = 13.2 lb

## Measure and track your liquids

The amount of fluid you should have each day will depend on the type of dialysis you are prescribed and how well your kidneys are functioning. Now that you're on dialysis, you should limit fluids to 32 oz or less each day. Check with your doctor or dietitian for your specific fluid requirements.



**32**  
**OUNCES**

**4**  
**CUPS**

**1**  
**QUART**

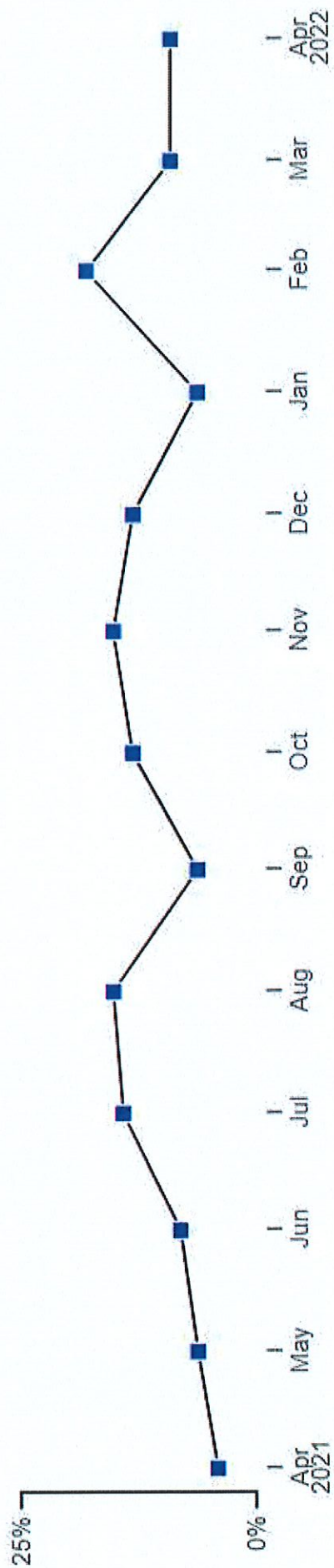
**946**  
**MILLILITERS**

**~1**  
**LITER**

Consider the following tips to help with portion control:

- 1 Avoid large cups or glasses.
- 1 Pass on refills.
- 1 Plan ahead. Spread out your fluid allowance throughout the day.
- 1 Save your fluid allotment for when you have special events.

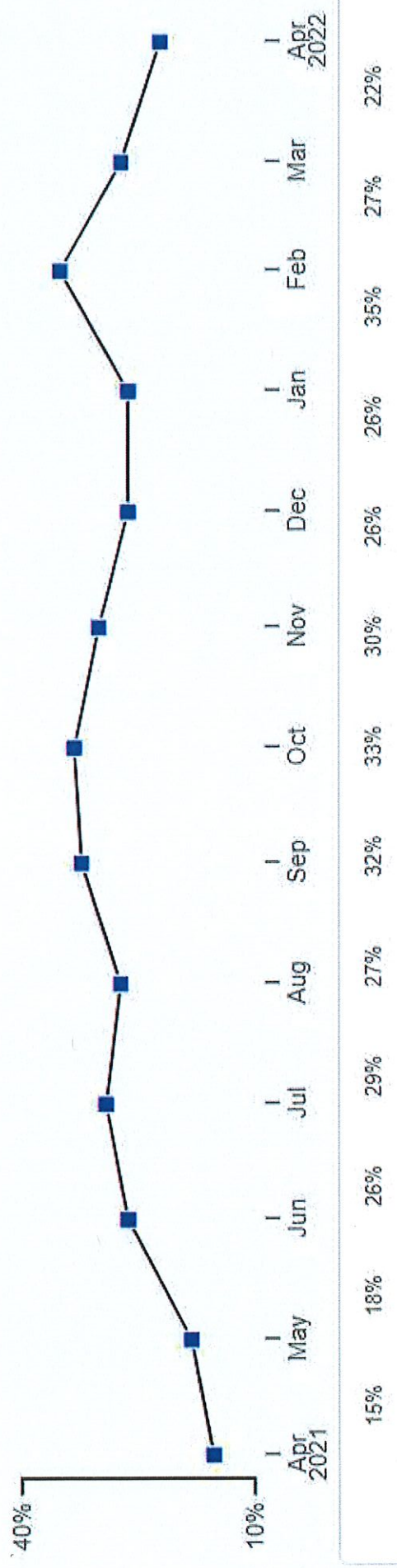
▼ 3+ UFR > 13 mL/kg/hr



Month	Percentage
Apr 2021	4%
May	6%
Jun	8%
Jul	14%
Aug	15%
Sep	6%
Oct	13%
Nov	15%
Dec	13%
Jan	6%
Feb	18%
Mar	9%
Apr 2022	9%



3+ IDW/G > 4% of EDW



# No Show Missed Treatments

