

Silver Award Project Utility

Facility: JCE Renal Services
Silver Award User: Tasha Davis

Project Status: Active

1. Description of Project:

Our project titled "Thirst Aid Kits" focused on fluid overload and controlling thirst. In April we provided "Thirst Aid Kits" which included re-usable ice cubes, Zolli Lollipops, Freeze Pops, Lawry's low sodium seasoning samples, Xylimelts, and Epic dry mouth gum. We also provided a handout with a handout on "What Can I do to Control My Thirst?" and displayed a bulletin board explaining the "Thirst Aid Kits". We plan to serve snow cones in small cups when the weather is warmer as additional ideas for dealing with thirst and fluid control.

2. Outcomes Measured:

We planned to measure weight gains and intradialytic complications before and after the education project.

3. Summary of Outcomes/Results:

Due to the dates of our move to our new clinic, the project was delayed and not completed until April and data for May is not available yet to measure outcome. We plan to check on outcomes once our May quality data is available.

4. Impact on Patients:

Our patients were thankful for the Thirst Aid Kits and most felt these items would help them deal with thirst and drink less fluid. Patients seemed most curious about the re-usable ice cubes and freeze pops. There were positive comments about the Zolli Lolli pops as well.

5. Lessons Learned:

We have learned that some patients respond to one thirst solution and others respond to other ideas.

Up

MoKP Project Report Jefferson City DCI 2024

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UPDATE:

May QAPI Data:

% of treatments with patients leaving heavy by 1 kg or more:

March: 19.8% April 18% May 13.8%

% of treatments with hypotension

March 4.1% April 3.7% May 4.7%

% of treatments with cramps

March 3.1% April 1.8% May 2.2%

Our data showed that education on ways to deal with thirst did not make a measurable impact on hypotension or cramps during dialysis. But it did appear to

make a significant change in inter-dialytic weight gains as the percentage of patients leaving heavy by over 1 kg after dialysis decreased from 19.8% to 13.8%.

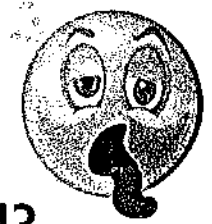
Impact on Patients:

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Lessons Learned: We have learned that some patients respond to one thirst solution and others respond to other ideas. We have also learned that education on ways to deal with thirst can help decrease inter-dialytic weight gains.



what can I do to control my thirst?

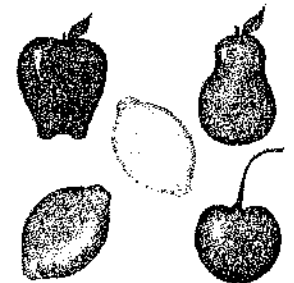


Ask yourself: Am I thirsty? Is my mouth dry? Am I hot? Am I bored?

- * Avoid salt, salty foods, and salty condiments like hot sauce. Eating these will make you thirsty.
- * Avoid sugar, sugary foods and drinks like candy and soda. Eating these will make you thirsty.

- * Plan ahead and spread your liquids throughout the day.
- * Snack on kidney friendly fruits and veggies. See new list!

- * Sip your beverages and use smaller cups.
- * Make ice cubes out of your favorite beverages.
- * Freeze 4-5 blueberries or grapes as a snack.

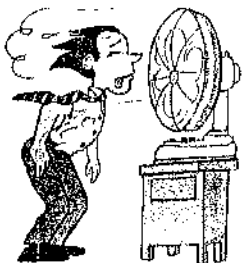


- * Go brush your teeth or use mouthwash.

- * Try sucking on a lemon wedge. Try sugar free hard candy, especially sour candy.

- * Stay cool. Don't overheat. Use fans if you don't have air conditioning.

- * Use a cold compress – place water soaked washcloth in plastic bag into freezer to use later on your forehead, neck, chest to cool down.



Thirst Aid Kit

Being thirsty is a challenge for dialysis patients because they have to limit their fluids to prevent fluid overload when their kidneys aren't working normally.



Things that can help deal with thirst include:

Icees

Hard Candy

Chewing Gum

Xlimelts

Low salt seasonings

Reusable ice cubes

ACT dry mouth mouthwash



THIRST AID KIT

Xylimelts Dry Mouth
Stick On Melts™ for Moisturizing

USE DURING THE DAY AND WHILE SLEEPING

SAFETY FOR ALL AGES

Dash
SALT-FREE SEASONING BLENDS
help flavor food with absolutely no salt. Ever.

Not All Mouthwashes are Created Equal

With over 100 years of experience, ACT is the most scientifically based and clinically proven mouthwash. Supporting proven oral hygiene with the most clinically proven mouthwash. ACT is great!

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