

August 2016

QUALITY INSIGHTS RENAL NETWORK 3



# KIDNEYS R US

## NEWSLETTER

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### **FLUID RESTRICTION 101**

By Kristine Brooks, RD

#### **1. The Hard Truth:**

Let's start with the serious fact that fluid is "no laughing matter". Excess fluid is a true danger to your heart. That extra fluid weight makes your heart work harder to pump blood through the body. Over time it can lead to an enlarged heart with weak muscles. A weak heart can't pump oxygen rich blood to the body as fast as it is needed.

So, you ask, how do I know the right amount of fluid to drink in order to prevent this from happening to me?

#### **2. The Fluid Allowance:**

To determine your fluid restriction find out how much urine you make in a 24 hour period. Add that amount to 4 cups (8 oz. per cup), a dialysis patient's normal daily allowance. For example: you may make ½ cup (4 oz.) urine in 24 hours; after adding this to 4 cups (32 oz.), you know your fluid restriction is 4 ½ cups (36 oz.) in every 24 hours.

An inexpensive measuring container can be found at most dollar stores to use for this collection.

#### **3. Know Your Dry Weight:**

Ask a member of your health care team to tell you your dry weight. This is the weight that your body is in proper fluid balance. The goal is to reach this dry weight by the end of each dialysis treatment.

#### **4. How Do Your Weights Measure Up?**

Compare your weight before dialysis to your dry weight. If it is more than 2.5 kgs (4 kgs over weekends) higher, then your fluid intake is too high.

Note: 1 kg = 2.2 lbs

#### **5. Liquids are:**

**Remember, liquids are anything that melts down at room temperature.** This includes gelatin, popsicles, sherbet, soup and beverages.

#### **6. Helpful Tips to Stay Within Your Limit:**

- \*Complete your full treatment time to remove all fluids gained.
- \*4 hour treatment time or more is optimal.
- \*Use a small cup for drinking (4 oz.)
- \*Freeze fruit such as grapes for an ice cold snack.
- \*Rinse your mouth frequently. Half strength mouth-wash can be kept in the refrigerator for this purpose.
- \*Use chap-stick regularly.
- \*Avoid sun exposure on hot days to help prevent thirst.
- \*Avoid salty foods as they will make you thirsty.
- \*1 cup of ice = about ½ cup of water.
- \*Popsicles are a good way to cool down. 1 single stick popsicle = 1/4 cup fluid (2oz.)

#### **Summer Fun: Make Your Own Popsicles**

Experiment with your favorite low potassium fruits and juices.

1. Purée 2 cups of sliced fruit in the blender. Try strawberries or blueberries.
2. Mix 1 cup of water with 2 cups of juice. Try lemonade or white grape juice.
3. Blend fruit purée into juice mixture.
4. Pour into single popsicle molds or Dixie cups. (Put a craft stick in the middle after partially frozen)



## Eat Healthy Summer Foods

Research shows that fruits and vegetables are important for good health, yet most people don't eat enough. Summer is the perfect time to fill your plate with kidney-friendly foods that are low in phosphorus and potassium. Remember to practice portion control as all fruits and vegetables contain some potassium. Here is a list of fruits and vegetables that can add color and flavor to your kidney diet:

Fruits	Vegetables
Blackberries	Carrots
Blueberries	Cauliflower
Cherries	Cucumber
Grapes	Eggplant
Peaches	Green beans
Plums	Lettuce
Raspberries	Onion
Strawberries	Peppers (sweet and bell)
Watermelon (1 cup per day)	Potatoes (leached)
	Snow peas
	Summer squash
	Radishes

## Protect Your Access If You Go Swimming



If you are on dialysis and have a permanent vascular access (fistula or graft), remember to cover it with a protective dressing when you swim. Ask your nurse which holds up best in water. Make sure it is completely healed following surgery before you swim. **Do not swim with a temporary catheter.**

For people on peritoneal dialysis (PD), your healthcare team will show you how to properly clamp your PD catheter shut. The PD catheter should be immobilized to avoid trauma to or tension on the catheter while swimming. The dressing should be changed as soon as you're done with swimming. When going for a swim, do so in a chlorinated pool. Avoid bodies of water that aren't chlorinated, such as ponds, lakes and rivers, which have a greater chance of hosting bacteria that can infect your access. Do not use hot tubs and consult with your doctor before swimming anywhere to ensure your health and safety.

Excerpted from <https://www.davita.com/kidney-disease/overview/living-with-ckd/seven-summertime-precautions-for-people-with-kidney-disease/e/4894>

### JOIN THE PAC

The Patient Advisory Committee (PAC) for QIRN3 consists of dialysis patients, transplant patients and family members of those patients. The committee meets once every two months to discuss issues relevant to ESRD patients. The PAC members have a genuine concern for quality of care issues and encourage patients to be involved in their healthcare. They are willing to share skills and experience with others. Each facility is encouraged to have a PAC representative. Talk to your social worker to volunteer!

Call toll free 1-888-877-8400 to join the PAC.

*To File a Grievance Regarding your Dialysis Care please contact:*

**QIRN3**

**Cranbury Gates Office Park**

**109 South Main Street, Suite 21**

**Cranbury, NJ 08512**

**Phone: 888-877-8400 (toll-free)**

**Fax: 609-490-0835**

**Email: [qirn3@nw3.esrd.net](mailto:qirn3@nw3.esrd.net)**

**[www.qirn3.org](http://www.qirn3.org)**

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