

Know Your Number: Potassium Vibe Check

Take a quick Potassium Vibe Check to learn about your potassium number, discover your habits and food patterns, and get simple tips to help keep your levels in a safer range. Circle the answer that best fits your thoughts, then add up your score to find out your Potassium Vibe.

1. What range was your potassium level from your most recent lab draw?

- A. In range: 3.5–5.0 mEq/L
- B. Borderline: Close to 5.0 and something we're watching
- C. High: 5.1 mEq/L or higher
- D. I'm not sure. I don't know my potassium number.

2. When it comes to your dialysis treatments, you usually...

- A. Complete all treatments as prescribed
- B. Try to complete them, but occasionally run short
- C. Miss or shorten treatments more often than planned
- D. Miss or shorten treatments regularly and don't usually discuss it with the team

3. When choosing fruits or fruit-based snacks, you usually...

- A. Choose fruits like apples, grapes, or berries
- B. Enjoy fruits like peaches or pineapple, but watch portion size
- C. Often choose bananas, oranges/orange juice, dried fruit, or mango
- D. Choose fruits I like without thinking about potassium or portions

4. How often do you think about potassium when eating?

- A. Almost always
- B. Sometimes
- C. Rarely
- D. I don't usually think about potassium at all

5. If you're craving a quick snack between meals, you're most likely to reach for...

- A. Apples, granola or protein bars, or a small sandwich
- B. A smaller portion of nuts, beans, or chocolate
- C. Orange juice, dried fruit, avocados, or potato chips.
- D. Something I've asked about or looked up first

6. How often do you read food labels or nutrition information?

- A. Almost always
- B. Sometimes
- C. Rarely
- D. Never

7. Which best describes your vegetable choices?

- A. I usually choose green beans, lettuce, cucumbers, cabbage, or cauliflower.
- B. I eat a mix of vegetables, including carrots or squash, but I try to watch portions.
- C. I often choose vegetables like potatoes, tomatoes, spinach, avocado, or sweet potatoes.
- D. I choose what I feel like eating and don't consider potassium when choosing vegetables.

8. When your care team talks about potassium trends, you feel...

- A. Confident and able to follow along
- B. Somewhat aware, but not always sure
- C. Confused by the information
- D. Not very interested in discussing it

How to Score:

Count which letter (A, B, C, or D) you selected most often. The letter with the most counts will determine your Potassium Style.

A= _____ B= _____ C= _____ D= _____

A Mostly A's: The Balanced Pro

Your Vibe: You are consistent, engaged, and proactive with your care. You understand how treatments, food choices, and potassium levels work together.

What your answers show:

- You complete treatments as prescribed.
- You choose lower-potassium foods most of the time.
- You understand potassium trends.
- You know your potassium number and goal range.

Helpful Tips to Maintain Balance:

- Keep tracking potassium trends, not just single lab values.
- Continue consistent treatment time and schedule.
- Share what works for you—you're a role model for others.

B Mostly B's: The Smart Swapper

Your Vibe: You're flexible and willing to adjust when needed, especially with reminders.

What your answers show:

- You usually know your potassium range, but it's something to watch.
- You adjust portions and make swaps when needed.
- You think about potassium some of the time.

Helpful Tips to Strengthen Control:

- Keep a short list of favorite lower-potassium swaps.
- Be extra mindful after missed or shortened treatments.
- Ask staff for quick suggestions when meals or routines change.

C Mostly C's: The Routine Rider

Your Vibe: Your go-to favorites feel comfortable and familiar. Without intentional changes, potassium levels can creep up, especially when life gets busy.

What your answers show:

- You often choose higher-potassium foods.
- You may not realize how fast potassium levels shift.
- Your potassium may be above goal at times.
- May feel overwhelmed by potassium management.

Supportive Tips for Safety:

- Completing every dialysis treatment is one of the strongest ways to control potassium.
- Small changes, like portion size or frequency, can lower risk.
- Work with the dietitian to adjust favorite high potassium foods rather than eliminate them.

D Mostly D's: The Growth Seeker

Your Vibe: Potassium isn't top of mind right now. Treatments and food choices may not always feel connected, but building awareness is a great place to begin.

What your answers show:

- You miss or shortens treatments regularly.
- Food and treatment choices aren't usually tied to potassium.
- You rarely review labs or asks questions.
- Potassium values and trends are not yet a main focus.

Steps to Support Progress:

- Start with one simple step: "What is my potassium number today?"
- Find a way to complete every dialysis treatment.
- Be aware of which high-potassium foods and salt substitutes that can add up quickly.

For more information or to file a grievance, please contact:

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