



## Topic of the Month

# Fluid Matters

### Step 1: Plan

Review the following Network and community resources to plan a patient engagement activity to encourage patient understanding of the impact of fluid gains on their health and ways to manage their fluids and deal with thirst.

### My Kidney Kit

All pages are available in English and Spanish at [www.mykidneykit.org](http://www.mykidneykit.org).

- [My Treatment: Fluid Weight and Dry Weight](#)
- [My Plan: How do I control my fluid gains?](#)



### Network Resources

- [Tips for Controlling Thirst handout](#). This Network handout shares some ideas on how to deal with thirst.
- [Extreme Heat Safety Tips handout](#) for dialysis patients. This handout includes ideas on how to deal with heat during the summer months.

### Other Resources

- [Tips for Dialysis Patients During the Hot Summer Months handout](#). This ESRD Network 3 handout offers some tips and ideas on how to prepare for a summer heat wave.
- [“Let’s Talk about Fluids”](#) This YouTube video series was developed by The Medical Education Institute and ESRD Network #15 and is available in English and Spanish.
- [Just the Facts: Fluids and Dialysis handout](#). This Life Options handout provides some basic information on fluids and dialysis and helpful tips and questions to ask.
- [Fluid Overload in a Dialysis Patient article](#). This article covers the effects of fluid overload and how to avoid it and can be downloaded from the National Kidney Foundation website.
- [Tips to Control Your Fluid Intake handout](#). This handout from the Veteran’s Administration offers some general information and tips.
- [Tips for Dialysis Patients with Fluid Restrictions article and handout](#). This article published in the Journal of Renal Nutrition offers tips and patient educational handouts.
- [Patient Engagement Activity Showcase](#) has some fun and creative bulletin board and activity ideas from clinics throughout the Network in the “My Treatment” section.



## Step 2: Act

LEVEL UP! Increase your patient engagement by teaming up with your staff and Network Patient Representative (NPR) to complete a patient engagement activity.

- Educate patients and staff using the My Kidney Kit pages.
- Talk with your NPR to discuss ideas on what resources and activities they would like to see at the clinic to educate patients on fluid control.
- Invite your NPR to a team huddle to share their experience learning with managing their fluid intake and what the team can do to support patients with this challenge.
- Create a bulletin board to share tips for managing thirst and staying cool without getting fluid overload, make it interactive by allowing patients to add their tips.
- Play the “Let’s Talk about Fluid” videos on the lobby and/or patient televisions.
- Host a lobby day to kick off summer offering ideas on staying cool, sharing tips and providing visual examples of fluid amounts.

## Step 3: Share

Share what your clinic has done with the rest of the Network!

- Ask your NPR for their feedback and encourage them to attend the next NPR Connection Call (2nd Thursday and Friday at 1:00 pm) to share with others!
- Take a photo of your activity and report your facility’s patient engagement activities:
  - In a Network Quality Improvement Activity (QIA)? Use the link on your Project-At-A-Glance
  - Not reporting for a QIA: [Patient Engagement Report](#)

Highlights will be shared through the projects and e-newsletter.

## Three Levels of Patient Engagement



For more information or to file a grievance, please contact  
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