

Feeling
thirsty



Too much
water in
your body



INTRODUCTION CARDS

How do people feel when they drink a small amount?

You can be thirsty



INTRODUCTION CARDS

How do people feel when they drink too much?

If you drink too much the water stays in your body



Healthy lungs



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More energy



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Heavy lungs



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Short Wind



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How do people feel when they drink a small amount?

How is your breathing?
Do you have more energy or are more tired?



How do people feel when they drink a small amount?

Your lungs work better



How do people feel when they drink too much?

How is your breathing?
Do you have more energy or are more tired?

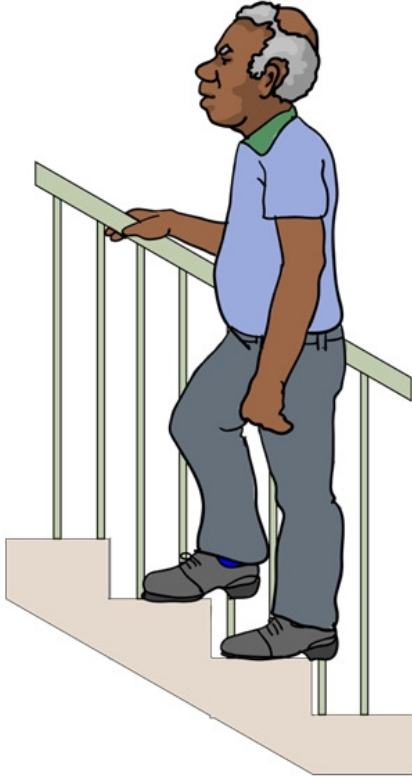


How do people feel when they drink too much?

Your lungs can't work well when they are full of water



Walk easy



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Healthy feet



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Hard to walk



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Big feet, water in feet



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How do people feel when they drink a small amount?

How do your feet feel?
Your feet will stay their normal size



How do people feel when they drink a small amount?

How easy is your walking?
How do your feet feel when you walk?



How do people feel when they drink too much?

How do your feet feel?
Your feet may become swollen



How do people feel when they drink too much?

Does your walking feel harder?



Sleep good



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Energy



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Trouble sleeping



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Tired



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How do people feel when they drink a small amount?

Sleeping well and breathing well means you have more energy when you are awake



How do people feel when they drink a small amount?

How is your sleeping?
Drinking small amounts helps you sleep better



How do people feel when they drink too much?

Bad sleep and short wind makes you more tired during the day



How do people feel when they drink too much?

How is your sleeping?
Drinking too much makes it harder to sleep

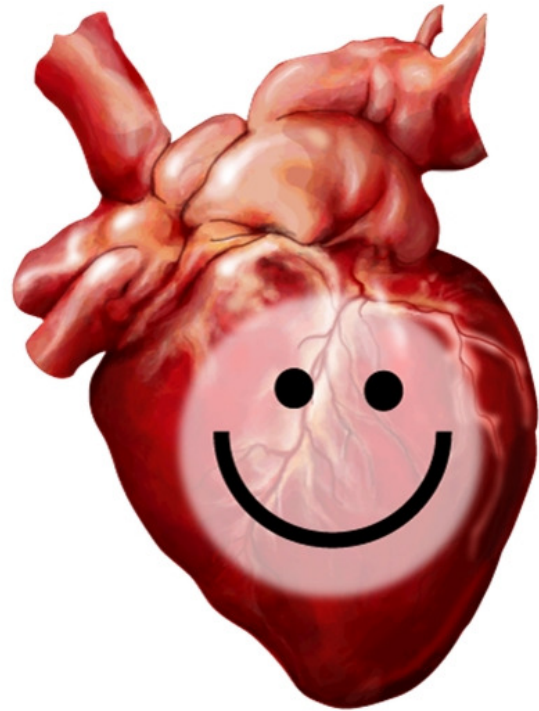


Clear head



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Healthy heart



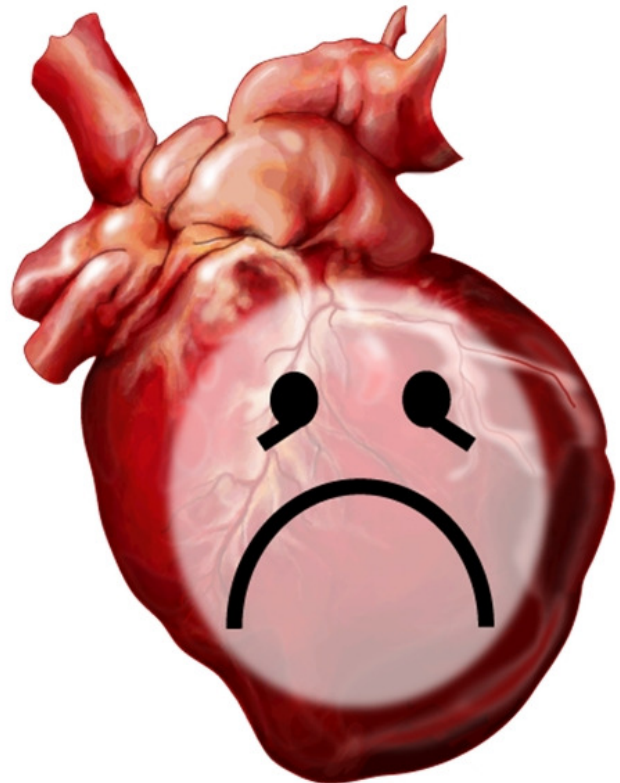
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Headache



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Sick heart



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How do people feel when they drink a small amount?

Drinking small amounts helps your heart stay strong



How do people feel when they drink a small amount?

How does your head feel?
Drinking small amounts helps your head feel clear



How do people feel when they drink too much?

Drinking too much makes your heart get weaker over time

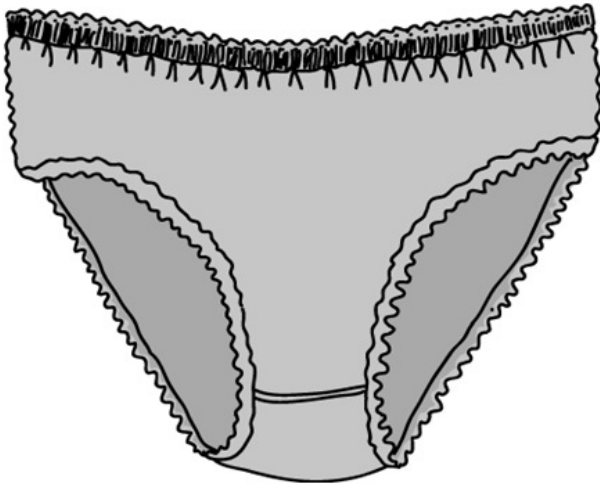


How do people feel when they drink too much?

Do you get any headaches?
Drinking too much might give you headaches



A Healthy heart is like strong elastic



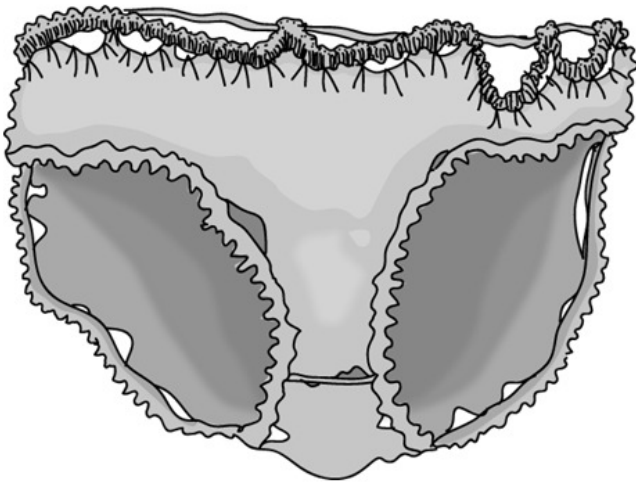
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Long life



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A Sick heart is like weak elastic



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Sick



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How do people feel when they drink a small amount?

A healthy heart will help give you a long, happy life



How do people feel when they drink a small amount?

A heart with good health is like a pair of undies with a strong elastic waistband

The strong elastic can stretch out and back

This is like the heart. If there is less water in the body, the heart can stay strong and elastic



How do people feel when they drink too much?

A sick heart will make you get sick

You may need to spend more time in hospital



How do people feel when they drink too much?

A heart that is sick is like a pair of undies with a weak elastic waistband

The weak elastic makes the undies floppy and not work well
If a heart is sick, it can't pump well



Right amount of water



Right amount of weight gain



Too much water



Too much weight gain



How do people feel when they drink a small amount?

Try to gain the right amount of weight, not too much

2kg is a good weight gain amount between dialysis sessions

The dialysis machine can remove 2kg easily and you can feel well



How do people feel when they drink a small amount?

Try drink only 4 cups a day

This is the same as 1 litre a day

This will cause only 2kg weight gain



How do people feel when they drink too much?

Drinking too much will make you gain too much weight

Gaining more than 2kg between dialysis sessions is too much

It's harder for the dialysis machine to deal with bigger weight gain and the water can build up in your body



How do people feel when they drink too much?

Drinking more than 4 cups a day is too much

It will cause you to gain more than 2kg between dialysis sessions



Suck an ice cube



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Chew sugar-free gum



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Suck on lemon



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Suck sugar-free mints



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How can I drink less?

If you are thirsty, you can try chewing sugar-free gum instead of drinking

This will help you drink less

Make sure it's sugar-free



How can I drink less?

If you are thirsty, you can try sucking on an ice cube instead of drinking

This will help you drink less



How can I drink less?

If you are thirsty, you can try sucking on sugar-free mints

This will help you drink less

Make sure they are sugar-free



How can I drink less?

If you are thirsty, You can try sucking on a slice of lemon instead of drinking

This will help the saliva come into your mouth and you can feel less thirsty



Brush your teeth



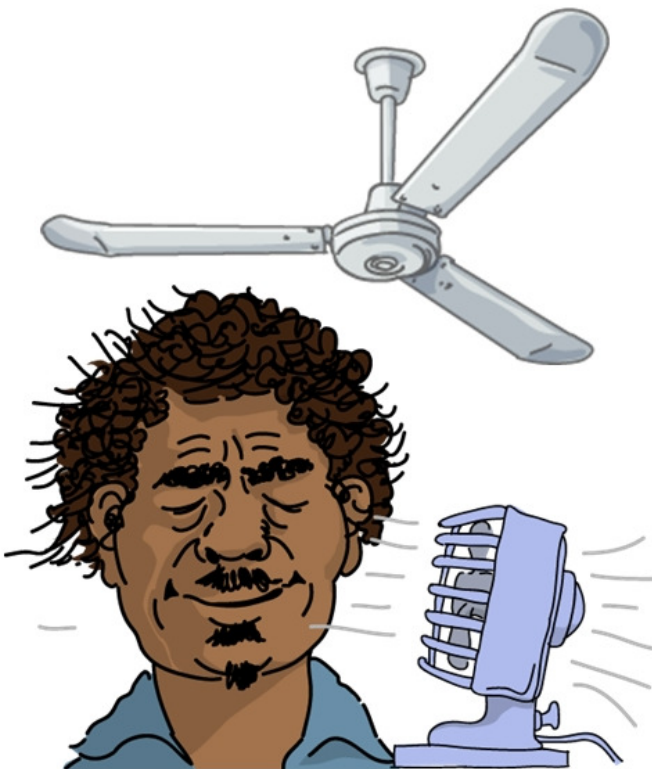
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Rinse your mouth – don't swallow



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Stay cool



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No salt – salt makes people thirsty



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How can I drink less?

If you are thirsty, try rinsing your mouth with water but spitting it out instead of swallowing

This will help you not drink too much



How can I drink less?

If you are thirsty, you can try brush your teeth even if you haven't just eaten

This will help you not drink too much



How can I drink less?

Try avoid salty foods and adding salt to food

Salt makes you feel more thirsty, so it can make you want to drink more than 4 cups a day

You can try herbs and spices to replace the salt, to give food flavour



How can I drink less?

Stay cool using fans instead of drinking more

Staying cool in hot weather will help you drink only 4 cups a day, not too much



Use a fork



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Use lip balm or moisturiser



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Don't use a spoon



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Count your small drinks



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How can I drink less?

If your lips feel dry, try use lip balm or moisturiser instead of drinking

Do you have any lip balms or moisturisers that you like to use?



How can I drink less?

Use a fork instead of a spoon when you eat stew or other runny food

This helps you not eat too much fluid



How can I drink less?

Try counting your small drinks each day – if you have counted 4 cups during the day, then that is enough until the next day

This includes all drinks like tea, coffee, and soft drinks, not just water



How can I drink less?

Try not to use a spoon when you eat stew or other runny food



Ask your family for support



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Take your mind off drinking



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Right amount of fluid



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Count your drinks



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How can I drink less?

Try do things that take your mind off drinking too much

This can be work or play, or talking to people about other things

What are some things that you enjoy that could stop you from drinking?



How can I drink less?

You can ask your family and friends to help you not drink too much

This might be by not drinking their drinks in front of you

Or giving you reminders not drink too much



How can I drink less?

Try count your drinks when you drink them

You could do this by writing down your drinks and the amounts

You could also get a family member or friend to help you with this



How can I drink less?

Try measure your drinks in a measuring jug to help you keep track of how much you are drinking each day

Remember to try not drink more than 1 litre a day

Do you have a measuring jug that you can use?

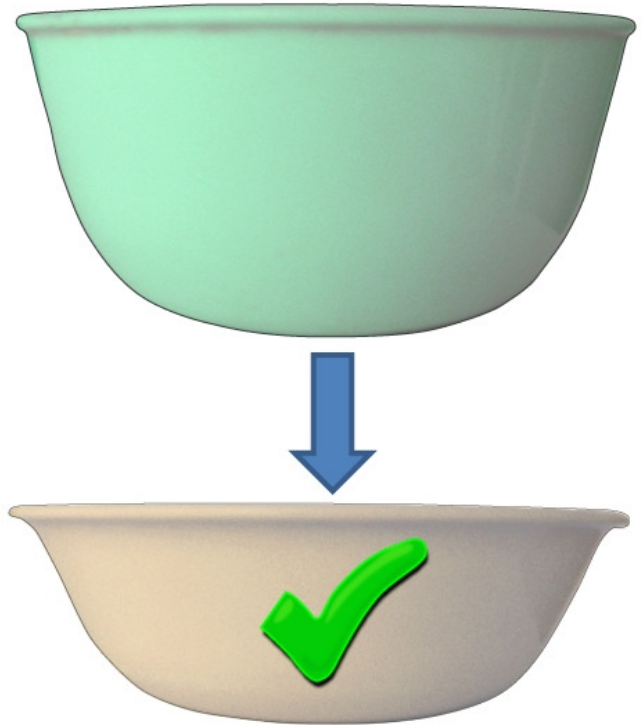


Choose a smaller cup



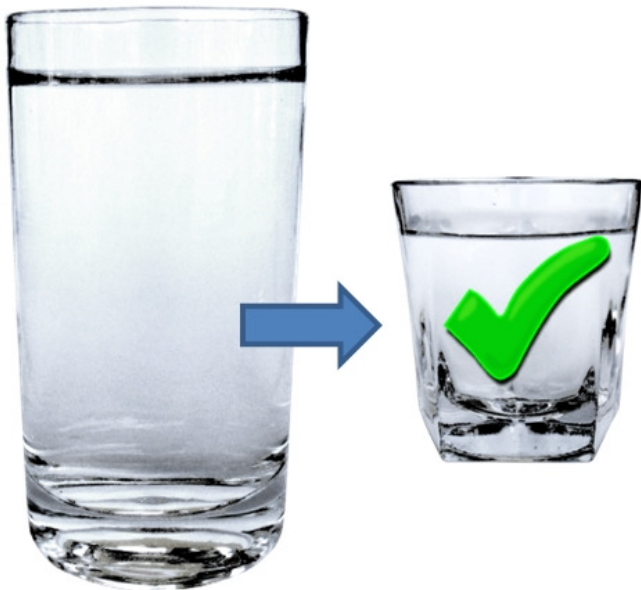
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Choose a smaller bowl



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Choose a smaller cup or glass



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Drink less soft drink



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How can I drink less?

Try choosing a smaller cup
Try choosing a smaller bowl

How can I drink less?

Try choosing a smaller cup
Try choosing a smaller bowl

How can I drink less?

Try having a small soft drink
instead of a big soft drink

Always remember to measure
your soft drink

How can I drink less?

Try choosing a smaller cup or
glass

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Use of resource:

Water problems story board - can be provided to heamodialysis patients along with dietitian advice

Notice: This resource for patients who are on heamodialysis only.

Purpose of resource:

To help dialysis patients to control the amount of fluid they have to avoid complications together with helping them manage their thirst .

Story board cards

The front of the cards are to be used by patients the back of the cards contain information for the facilitator. You can use this resource one to one or in a group. Patients may like to keep some individual cards

Key skills (Competencies):

A patient should be able to:

- Tell you what happens if they have too much fluid.
- Tell you how they know they are having the right amount of fluid.
- Tell you how much weight they can put on between dialysis days.
- Tell you what too much fluid can do to their heart.
- Tell you what too much fluid can do to their lungs.
- Tell you what too much fluid can do to their feet.
- Tell you what too much fluid can do to their sleep and how they feel.

Key Health Messages

- If you do dialysis drink small.
- Try ways to stop you feeling thirsty.
- Try to gain no more than 2 kg between dialysis days
- If you have problems talk to your dietitian, nurse or doctor.

Fluid restriction story board for PD patients

Strategies

This storyboard is usually used after the handout and fluid resource cards have been used with a patient,

You can cover the whole storyboard in one go or you can spread it over several sessions.

You will need to use the 'Fluid restriction story board posters' resource as a conclusion at the end of each session.

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Content and education strategies.

INTRODUCTION CARDS

Use the 2 Introduction cards to explain what this storyboard is about. (It sets the scene.)

SECTION (stories). You can cover it all or break it up into sessions.

If you break it into sessions remember to revise previous sessions before starting a new one.

Section:

1. Too much water in your body can be a big problem. It can effect:
 - your lungs and make It hard to breath
 - your legs and make it hard to walk
 - your sleeping and how much energy you have
 - your head and cause headaches
 - your heart making it bigger and weaker so it can't pump blood properly
2. How much water you can drink – It isn't very much.
3. Different ways of managing being thirsty.
4. Some things which can help you drink small:

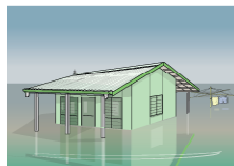
THE MAIN MESSAGE POSTERS

The main message posters are in resource 'Fluid restriction storyboard posters' .

There are 2 posters:



A house with the right amount of water surrounding



A house you can't live in because it is flooded

Don't tell the patient what the story and messages are, just ask the patient what they think they are.

The intention behind the resource is not:

“Too much water causes problems, so drink small.”

but:

“How do you feel? What could you do to feel better?”

Target group:

This resource is designed to be used by any Australian who is undergoing (doing) heamodialysis.

Notes:

This resource is designed to be printed A4 size.

If a patient has poor eyesight it can be printed A3 size.

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 - i. loss of production or operation time, loss, damage or corruption of data or records; or
 - ii. loss of anticipated savings, opportunity, revenue, profit or goodwill, or other economic loss; or
 - iii. any special, incidental, consequential, punitive or exemplary damages arising out of or in connection with this Licence or the use of the Work, even if the Licensor has been advised of the possibility of such damages.
- b. If applicable legislation implies warranties or conditions, or imposes obligations or liability on the Licensor in respect of this Licence that cannot be wholly or partly excluded, restricted or modified, the Licensor's liability is limited, to the full extent permitted by the applicable legislation, at its option, to:
 - i. in the case of goods, any one or more of the following:
 - the replacement of the goods or the supply of equivalent goods;
 - the repair of the goods;
 - the payment of the cost of replacing the goods or of acquiring equivalent goods;
 - the payment of the cost of having the goods repaired; or
 - ii. in the case of services:
 - the supplying of the services again; or
 - the payment of the cost of having the services supplied again.
- c. The *Competition and Consumer Act 2010* (Cth), and the corresponding State and Territory fair trading legislation, restrict the limitation of liability in certain circumstances, such as a contract for the supply of goods or services of a kind ordinarily acquired for personal, domestic, or household use. Clauses 6(a) and 6(b) cannot and are not intended to apply in circumstances where it is prohibited by law.

7. Termination

This Licence and the rights granted to You under this Licence shall terminate automatically upon any breach by You of the terms of the Licence. Individuals or entities who have received a Collection from You pursuant to this Licence, however, will not have their licences terminated provided they remain in full compliance with those licences. Clauses 1, 2, 5, 6, 7, 8, 9, 10, 11, 12 and 13 shall survive any termination of this Licence.

8. Licensor's Rights Retained

Subject to the above terms, the Licence granted here is perpetual (for the duration of the applicable copyright or license in the Work). Notwithstanding this, the Licensor reserves the right to release the Work under different licence terms or to stop distributing the Work at any time. However, any such release will not serve to withdraw this Licence (or any other licence that has been granted under the terms of this Licence), and this Licence will continue in full force and effect unless terminated as stated above.

9. Licence Grant to Recipients of the Work,

If you are able to Distribute granted to you in clause 4A, the Licensor offers the recipient a licence to the Work it is under the same terms granted under this Licence.

10. Severability

If any provision of this Licence is invalid or unenforceable under applicable law, it shall not affect the validity or enforceability of the remainder of the terms of this Licence. Without further action by the parties to this agreement, such provision shall be reformed to the minimum extent necessary to make such provision valid and enforceable.

11. Waivers and Consents

No term of this Licence shall be deemed waived and no breach consented to unless such waiver or consent is in writing and signed by the relevant party.

12. Entire Agreement

This Licence constitutes the entire agreement between the parties. To the full extent permitted by law, there are no understandings, agreements or representations with respect to the Work not specified here. The Licensor shall not be bound by any additional provisions that may appear in any communication from You. This Licence may not be modified without the written agreement of the Licensor and You.

13. Governing Law

The construction, validity and performance of this Licence shall be governed by the laws in force in Queensland, Australia.