

Eating & drinking cards



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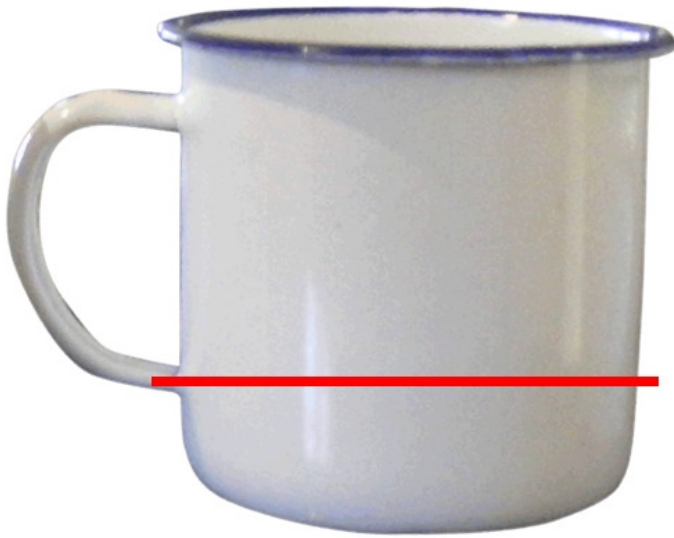
Eating & drinking cards



Marking your cup

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Eating & drinking cards



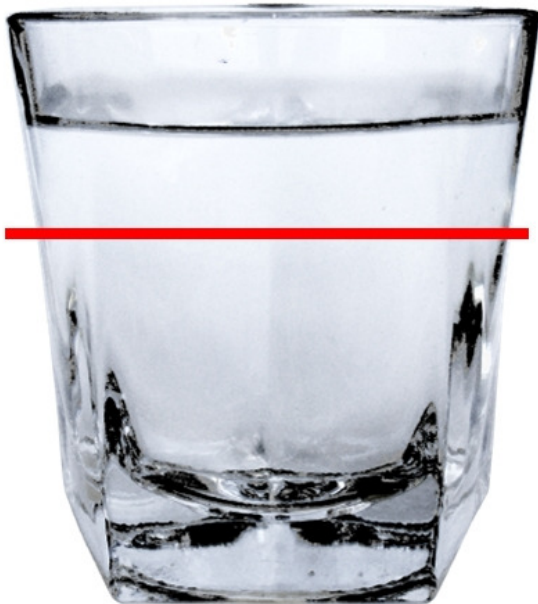
Marking your mug

Eating & drinking cards



Marking your mug

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Marking your glass

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Marking your glass

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Marking your glass

Eating & drinking cards



Marking your bowl

Eating & drinking cards



Marking your bowl

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

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

Use of resource:

Fluid Eating Drinking PD Cards- enlarged pictures of information on fluid handout to use in interactive discussion with dietitian

Purpose of resource:

To help peritoneal dialysis patients to control the amount of fluid they have and avoid heart problems.

Content

- Using a fork rather than a spoon.
- Examples of possible options when marking a patients own cup, glass or bowl.

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 in 1 day**.
- Tell you what too much fluid can do to their heart.
- Show you how many cups of fluid they can have each day.

Key Health Messages

- If you do PD dialysis drink small.
- Try ways to stop you feeling thirsty.
- If you have problems talk to your dietitian, nurse or doctor.

Target group:

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

Notes:

This resource is designed to be printed A4 or A3 size , cut out and laminated so they can be used in interactive activities.

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