

Eating & drinking cards



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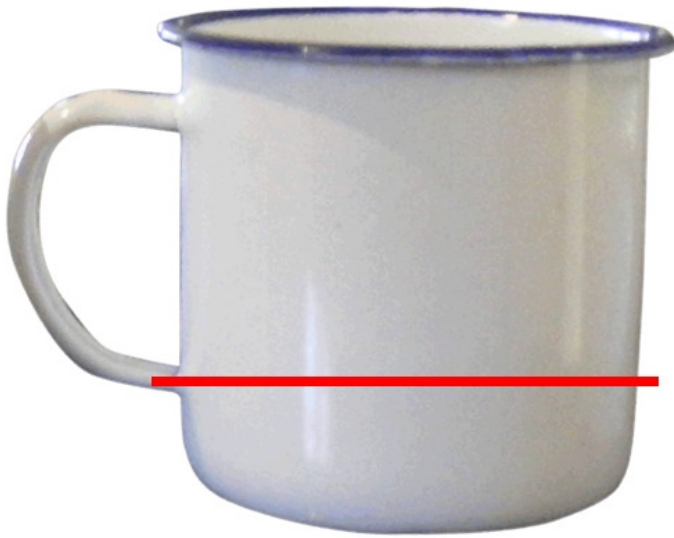
Eating & drinking cards



Marking your cup

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Eating & drinking cards



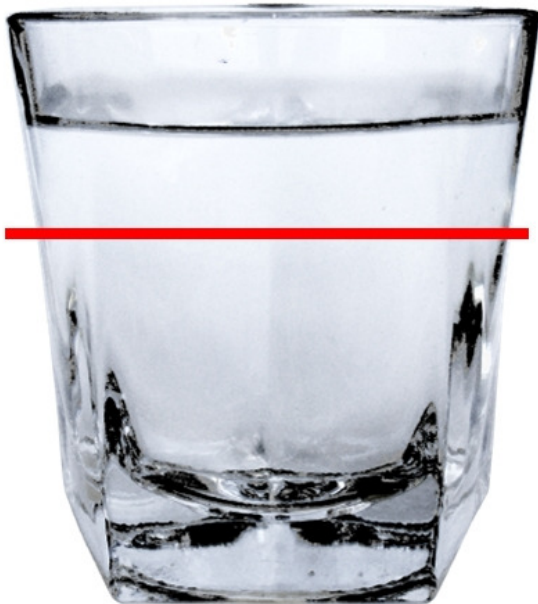
Marking your mug

Eating & drinking cards



Marking your mug

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Marking your glass

Eating & drinking cards



Marking your glass

Eating & drinking cards



Marking your glass

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Marking your bowl

Eating & drinking cards



Marking your bowl

Health Professional Facilitator Information

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

Use of resource:

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

Purpose of resource:

To facilitate interactive discussion & activities to help dialysis patients 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 between dialysis days.
- 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 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.

Target group:

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