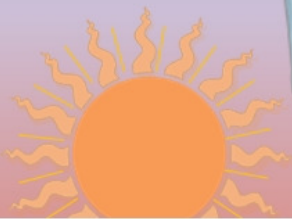


Fluid cup cards

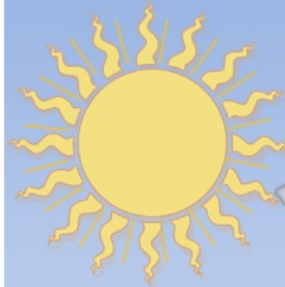


Morning



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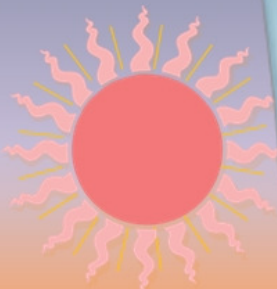
Mid day



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Evening



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Night



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Health Professional Facilitator Information

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

Use of resource:

Fluid Food 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

- Examples of food which is mainly fluid.
- Examples of possible options when choosing their daily 4 cups of fluid. These cards can be used with fluid cup 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 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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Full Licence Terms

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