

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

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Use of resource:

Fluid Cup 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

- When to drink.
- Cups containing different fluids.

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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