

Fluid/Volume Teaching Guide



Title	Key messages	Patient behavior outcomes	Suggested teach back questions	Audience
Blood Pressure (handout)	<p>High blood pressure is dangerous to heart and blood vessel health</p> <p>Dialysis, fluid, blood pressure, and heart health are connected</p>	<p>Manages fluid, takes medications, and comes to dialysis to keep blood pressure under control</p>	<p>What are the dangers of high blood pressure?</p> <p>How does dialysis affect your blood pressure?</p> <p>What is your blood pressure goal?</p> <p>What can you do to manage your blood pressure?</p>	<p>All</p>
Every Minute Counts (handout)	<p>Missing treatment time can shorten lifespan and increase risk of illness</p> <p>Risks include: heart, stroke, fluid overload, anemia, bone disease, low blood pressure or cramping during dialysis</p>	<p>Receives full treatment prescription time; no shortened or missed treatment</p> <p>Knows how to make up missed treatment time</p>	<p>What problems can happen when you miss dialysis time?</p> <p>How do you make up missed treatment time?</p> <p>Tell me who you speak with to change your schedule once or ongoing?</p>	<p>All</p>
Fluid Overload (handout)	<p>Managing fluid is key to heart and blood vessel health</p> <p>Fluid overload is dangerous</p> <p>Tips for managing fluid</p>	<p>Manages fluid without signs of fluid overload</p>	<p>What problems can happen with fluid overload?</p> <p>What is a safe amount of fluid for you to gain between treatments?</p> <p>What is your target weight?</p> <p>What are things you can do to avoid fluid overload?</p>	<p>All</p>
Fluid Overload (PowerPoint)	<p>Same as Fluid Overload handout</p>	<p>Same as Fluid Overload handout</p>	<p>Same as Fluid Overload handout</p>	<p>All</p>