

## HUDDLE UP

# Diet & Fluid Management

### Fluid Management Basics

- Most patients should limit fluid to ~32 oz/day (1 liter) unless directed otherwise.
- Monitor for:
  - Frequent cramping or low BP during dialysis
  - Edema, shortness of breath, rapid weight gain
- Encourage:
  - Daily weight tracking
  - Sodium restriction to help control thirst

### Fluid Overload Red Flags

- Interdialytic weight gain >2.5 kg
- Swelling in feet, hands, face
- Coughing or difficulty breathing
- Headaches or blurred vision

### Key Dietary Restrictions to Reinforce

Nutrient	Limit/Watch For	What to Look For
Potassium (K <sup>+</sup> )	Bananas, oranges, tomatoes, potatoes	Prevents irregular heartbeat or cardiac arrest
Phosphorus (PO <sub>4</sub> )	Dairy, nuts, cola, processed foods	Avoids bone & heart problems
Sodium (Na <sup>+</sup> )	Canned/package foods, chips, cured meats	Controls thirst, BP, fluid retention
Fluids	All beverages, soups, fruits with high water content	Prevents fluid overload
Protein	Encourage high-quality sources (chicken, eggs, fish)	Prevents muscle wasting; needs vary by patient
Potassium (K <sup>+</sup> )	Bananas, oranges, tomatoes, potatoes	Prevents irregular heartbeat or cardiac arrest

### Staff Role:

- Reinforce education from the renal dietitian
- Listen and respond to patient concerns/questions
- Report concerns about weight gain, diet compliance, or symptoms
- Review diet handouts with patients as needed

### Huddle Objective

Strengthen staff knowledge of key dietary and fluid management principles in dialysis to support patient outcomes, reduce hospitalizations, and prevent complications like fluid overload, electrolyte imbalances, and malnutrition.

### Key Teaching Points

- Proper diet and fluid control help prevent:
  - Fluid overload, hypertension, shortness of breath
  - Hyperkalemia (can cause cardiac arrest)
  - Hyperphosphatemia (leads to bone and heart issues)
  - Malnutrition and muscle wasting
- Diet is individualized, but staff play a role in reinforcing daily habits.

### Team Discussion Prompt

Ask the team: *What creative tips or patient success stories do we have for staying on track with fluids or diet?*

### Takeaway Message

Every staff interaction is a chance to reinforce good habits—small conversations can make a big difference in a patient's health.

## Diet & Fluid Management

Date: \_\_\_\_\_ Huddle Leader: \_\_\_\_\_

**Staff Signatures (Print & Sign):**

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