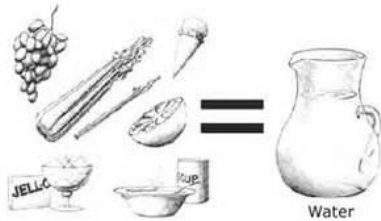




Dry weights

Issues concerning dry weights are often a concern of patients who call the Network, and this could be due to a lack of understanding on the part of the clinic staff. This month's newsletter will provide a very fundamental overview of dry weights.

What is Dry Weight?



Dry weight (DW) is usually referred to as estimated dry weight (EDW) and ideal dry weight (IDW). It is established by the physician in collaboration with the nurses at the facility. It's part of a dialysis order regardless of the modality (In-center Hemodialysis, Peritoneal Dialysis (PD), Home Hemodialysis).

But what does that mean?

Dry weight (DW), Estimated Dry Weight (EDW), and Ideal Dry Weight (IDW) are all utilized interchangeably. Simply put, these are all terms used to describe how much a patient should weigh without any extra fluids or depletion of fluids in their body and with most normal vital signs or symptoms. In other words, it's the patient's "natural" weight.

What Resources can the Network provide?

There is a Fluid Management Workbook on the ESRD Network 14 Website. It can be located following this path

<http://www.esrdnetwork.org> → patients-families → patient engagement and patient and family centered care

Campaign 1: Fluid Management Workbook

- Fluid Management Patient Workbook Module 1 - English - Spanish - last updated 6/23/2015
- Fluid Management Patient Workbook Module 2 - English - Spanish - last updated 7/14/2015

The workbook is easy to read for patients and staff. Please take a look at it to see if it can help you and your facility!

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The THRIVE newsletter is created and published under CMS contract number HHSM-500-2016-NW014C.

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