

Focus On Adequacy

Living Healthy.

Living Well.

Ask yourself these questions:

- Do I want to feel better?
- Do I want to feel less tired?
- Do I want to be in the hospital less?
- Do I want to live longer?

If you answered yes to one or more of the above questions,

READ ON!

Normal kidneys remove waste products and fluid 24 hours/day every day. Dialysis treatment which lasts 10-12 hours/week only replaces 15-20% of normal kidney function. Therefore, it is critically important that all scheduled dialysis time be completed to avoid problems of too little waste product and fluid removal.

The adequacy of dialysis is measured by testing the blood before and after a single treatment. The amount of waste product (urea) removed is calculated. Approximately 2/3 (65%) of the waste products in your body should be removed with each treatment to avoid the symptoms of uremia (inadequate dialysis).

Some of the symptoms of inadequate dialysis can be:

- Nausea and vomiting
- Funny taste in the mouth
- Excessive tiredness

Inadequate (not enough) dialysis is measured as a URR (urea reduction ratio) less than 65%. Adequate (enough) dialysis is measured as a URR of 65% or higher. A low URR (<65%) is associated with a high rate of infections and increased hospital time. A high URR (>65%) is associated with better energy and fewer health problems.

The minimum number for a URR is 65%. Your dialysis unit or doctor may set a higher URR such as 70%. The goal is for you to receive enough dialysis so you feel well. If the URR falls below 65%, changes will be made to your dialysis treatment.

These changes may include:

- Using a bigger dialyzer
- Increasing your blood flow rate
- Increasing your dialysis time

If your URR is low, your access will also be checked. Having a good access allows you to have good dialysis.

What can you do to have a good URR?

- 1. ALWAYS go to all of your scheduled treatments.**
- 2. Stay for the full treatment.**
- 3. Follow your diet and fluid restrictions.**
- 4. Check your URR monthly.**

Please take a moment to answer these True/False questions with your primary nurse.

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|---|------|-------|
| 1. I can shorten my treatment when I need to.
It won't change my URR. | TRUE | FALSE |
| 2. A URR of 65% or above tells me that my dialysis treatment is removing enough waste products. | TRUE | FALSE |
| 3. Good dialysis depends on having a good blood access for your treatment. | TRUE | FALSE |

What is your URR this month? _____

If it is not adequate, what can be done to improve it? _____
