

Fluid Balance Charts

May 2022
Getting to Good: Fundamentals in Care

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Abstract: In order to maintain the overall health of our patients, it is important to maintain fluid balance levels. Understanding a patients fluid status can give an overall indication of health.

SMART Aim

To improve fluid balance levels in our patients by May 2022.

Plan

Understanding a patients fluid status can give an indication of overall health. The calculation of fluid balance involves measuring the amount of fluid entering the body and comparing it to the amount of fluid leaving the body with the purpose of seeing whether there is a surplus or deficit. We currently use Fluid Balance charts within SaTH to monitor our patient's fluid balances. Following a review of a sample of Fluid Balance charts, we noticed that 7% of were completed correctly with much variation and inconsistency between forms. The plan to improve the process of fluid balance included a number of interventions.

Do

Teams involved reviewed the current process and documentation available. The below interventions were trialled:

What does good look like: Creation of a "Good Fluid Balance Chart" was created and shared with wards as part of the Standard work.

Training Boards: Wards were supported in creating Fluid Balance training boards to highlight gaps within training across team members and enable targeted training.

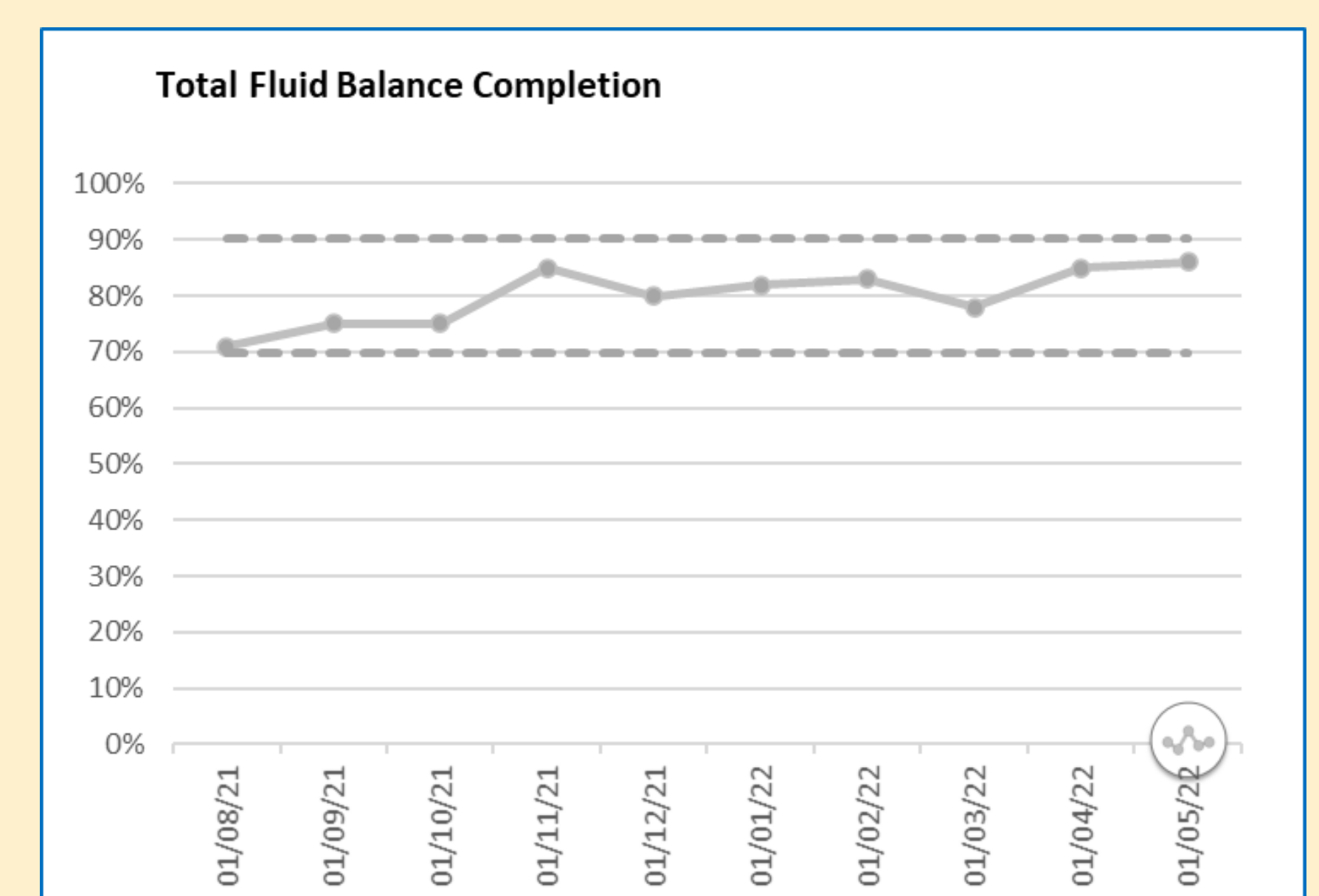
Training: Targeted training sessions to Nurses and Healthcare assistants along with discussions around "What a good fluid balance chart looks like".

Review: 3 monthly audit and feedback letters for sharing good practice and areas that work well, including additional areas of improvement.

Study

The initial data suggests that there has been an improvement from around completion of 70% to a more consistent 80%-85% during the matron audits of Fluid Balance charts, however, this is not currently showing a statistically significant improvement.

Further study will show whether the improvement has sustained and should include a review of areas of good practice.



Act

The next steps for teams will be to continue with the monitoring of the Fluid Balance chart completion and review the handover of Fluid Balance charts on wards. Colleague feedback will be monitored by Ward managers and matrons in a further effort to embed and improve the work.