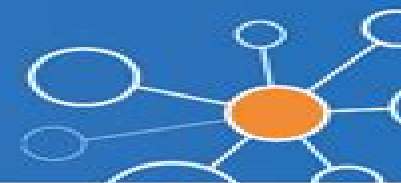


FLUID BALANCE CHARTS (FBCs): Improving Completion and Accuracy

Silvia Oliva, Helen Overton and Viv McCrorie



1. Background

Fluid balance is a term described as the balance of the input and output of fluids in the body to allow metabolic processes to function correctly. It is an essential tool to determine the hydration status.

Hypovolemia and hypervolemia can increase mortality and morbidity. Therefore, the accuracy in recording fluid intake and output is vital for the management of certain patients.

Frequently, this assessment has been poorly documented on Lilleybrook Ward and this is why we decided that this needed to be corrected.

2. Aim

To achieve 90% completion and accuracy of FBCs by 1st April 2019.

3. Method

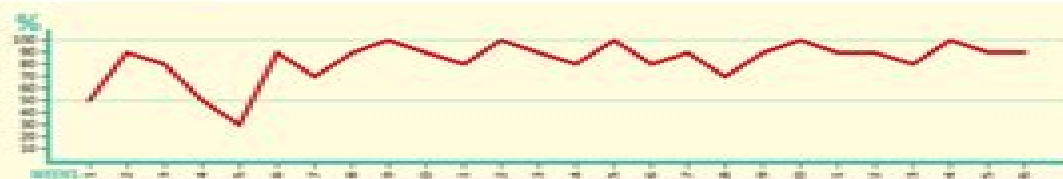
- Provide training to all nursing staff involved in the monitoring of FBCs.
- Involve patients and relatives in the completion of the FBCs.
- Place FBCs in the front of the Nursing Folder and mention in handovers.
- Audit the FBCs for 26 weeks (half year).

5. Results & Measurements

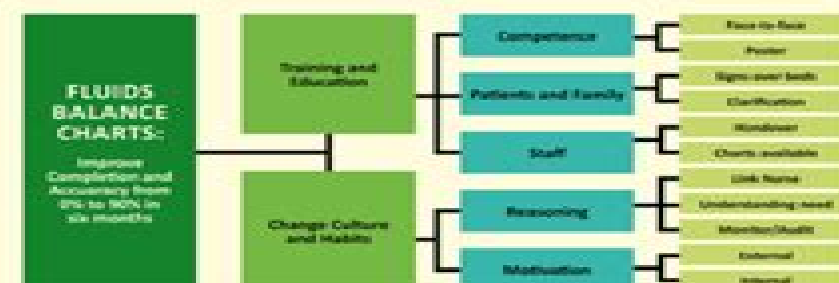
For a period lasting 26 weeks we monitored the FBCs on the ward once a week.

The completions and accuracy improved for the few first weeks, achieving a stable period after weeks 10-12.

We have achieved 93.5% completion and accuracy of the FBCs on the ward.



4. Driver Diagram



6. PDSA Cycle



7. Conclusion

The importance of having accurately completed fluid balance charts is vital in order to assess the hydration status of the patients.

During the 26 weeks auditing period we have achieved our goal of 90%.

It is very important to continue to educate nursing staff, patients and relatives regarding this issue.

8. Next Steps

We will continue auditing these charts once a month, to ensure that we do not fall under 90%, and even try to achieve 100% completion and accuracy of FBCs.

We will continue this education when needed, both formally and informally.

These findings could be transferred to any departments experiencing low-compliance with FBCs.

Fluid Balance Chart Guidelines

Karin Nielsen-Saines



Fluid Balance Chart Guidelines:

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