



The Florida ESRD Network

Improving Hemodialysis Adequacy Rate

K/DOQI guidelines define adequacy for hemodialysis patients as a Kt/V of 1.2 or greater, or a URR of 65% or greater. Patients that are under-dialyzed may exhibit symptoms such as weakness, loss of body weight, poor appetite, nausea/vomiting, frequent infections, prolonged bleeding, anemia and premature death. The following are some tips for improving hemodialysis adequacy:

Quality Improvement (QI): The facility's QI team should include the medical director, social worker, dietitian, access manager and other relevant team members.

- ✓ Development of a facility specific quality improvement plan to address adequacy
- ✓ Identify root causes
- ✓ Develop an action plan for each root cause
- ✓ Evaluate actions implemented for effectiveness
- ✓ Trend monthly data and update the QI plan if improvement not met

Prescription / Physician Orders:

- ✓ Check the prescription orders each treatment to verify dialyzer and treatment time
- ✓ Efforts should be made to monitor and minimize the occurrence of missed or shortened treatments
- ✓ Verify the blood pump speed matches the dialysis prescription
- ✓ Verify correct dialysate flow rate setting
- ✓ Ensure adequate heparinization to prevent clotting of lines and dialyzers
- ✓ Ensure that procedures for pre and post blood sampling are performed correctly

Patient: Identify individual patients repeatedly not meeting the adequacy goal.

- ✓ Evaluate the patient's access for poor flow and notify physician for access evaluation
- ✓ Be proficient in proper access cannulation
- ✓ Monitor arterial pressures for signs of inadequate flow
- ✓ Monitor venous pressures for signs of excessive pressures
- ✓ Identify specific reason for inadequacy
- ✓ Develop a care plan to address the reason(s) that are impacting the adequacy rate
- ✓ Review the care plan with all team members and patient and their caregiver in the care planning process
- ✓ Monitor adequacy results for effectiveness
- ✓ Provide patient education
- ✓ Document in the medical record

A continuing educational course "Improving Adequacy of Hemodialysis" is located at <http://edu.flqio.org/>

Information regarding an adequacy tool kit can be found at <http://www.fmqai.com/esrd/QIP/QIT/>

The Florida ESRD Network (Network 7) is providing this fax blast, taken from the 2006 NKF K/DOQI Clinical Practice Guidelines & Clinical Practice Recommendations, as a technical assistance activity for the Florida renal community.