



## 血液透析病人之水份控制（英文）

### The moisture control in hemodialysis patients

正常的腎臟可以藉由排尿以維持體內水份的平衡，血液透析病人因腎臟衰竭導致排尿量減少甚至無尿，水份滯留在體內，需藉由規則的血液透析治療來移除體內多餘的水份。如果兩次透析治療之間水份增加過多，容易導致身體水腫、血壓升高、肺水腫，透析過程中也會因脫水量太多，而出現血壓下降、抽筋等情況，造成脫水量及透析時間不足，使透析品質下降，長期下來更會造成心臟肥大、心衰竭和心血管合併症，嚴重威脅血液透析病人的生命。因此，要有良好的透析品質，就必須從水份控制做起。

Normal kidneys use urination to maintain balance in body water. While, Hemodialysis patients, because of renal failure have a decrease in urine output or no urine. This leads to water retentaining in the body that needs to be removed by treatment of Hemodialysis. If the water between the two dialysis treatments increases too much, the body can easily lead to blood pressure issues, and pulmonary edema. Also, if there is too much dehydration, there could be a drop in blood pressure, cramps, etc., causing cardiac hypertrophy, heart failure, and cardiovascular complications, a serious threatening situation to hemodialysis patients. Thus, a good quality of dialysis, must start from water control administered to patients.

#### 一、如何了解身體是否積水

First, identify water amount in patient.

- 1、身體變化：體重明顯增加、血壓上升、身體水腫、手指按壓下肢 5-10 秒，有明顯皮膚凹陷，無立即回彈(如圖一)、咳嗽，嚴重時躺下會呼吸急促(端坐呼吸)。圖二為水腫指數評估表，可了解您的水腫價數。

Physical changes: significant weight gain, increased blood pressure, body edema, lower extremity finger pressed for 5-10 seconds, with a clear skin sag, no immediate rebound (Figure 1), cough, severe shortness of breath when lying down will be (sitting Breathe). Figure II edema index evaluation form, can understand your edema valence.

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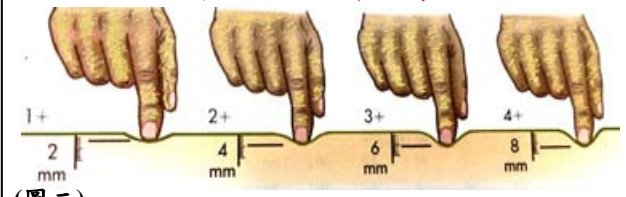
2、各項檢查：血比容、胸部 X 光、生物電阻分析儀測量或身體組成分析等。

手指按壓下肢 5-10 秒，有明顯皮膚凹陷



(圖一)

水腫指數評估表



(圖二)

Various tests: hematocrit, chest X-ray, biological impedance analyzer measurements or body composition analysis. Finger presses the lower limb for 5-10 seconds, with a clear skin sag(Figure I) Edema index evaluation form(Figure 2)

二、如何在日常生活中控制水分攝取

how to control moisture uptake in daily life

1、除了液體食物外，固體食物本身亦含有不少水份，因此在食用這些固體食物時應瞭解其中的含水量，以免無意中“吃”進過多的水份。舉例各類食物每一百公克含水量，供您參考！

Except that the liquid food, the solid food itself also contains a lot of water, so consumption of these foods should be solid understanding of where the water content, so as not to inadvertently "eat" into excess water. Examples of various types of food every hundred grams of moisture, for your reference!

含水量	每一百公克食物種類					
30%	饅頭	乾麵條	麵包			
50%	醬肉	火腿	烤鴨			
70%	米飯	馬鈴薯	山藥	紅薯		
80-90%	蘋果	木瓜	水梨	鳳梨	西瓜	木瓜
90-100%	粥	豆腐	茶	牛奶	果汁	



The water content of 100 grams each type of food						
30%	dry noodles	steamed	bread			
50%	duck	ham	sauce			
70%	rice	sweet potato	yam			
80-90%	apple	pear	pineapple	papaya	papaya	watermelon
90-100%	porridge	tofu	milk	tea	juice	

2、兩次透析之間，體重應不超過乾體重的 5%，如果以乾體重 60 公斤為例，乾體重 5% 即為 3 公斤。

Between the second dialysis, weight should not exceed 5% of the dry weight, dry weight 60 kg if, for example, 5% of the dry weight is 3 kg.

3、於每日早晚固定的時間測量體重並紀錄，可以幫助您了解飲食量控制情形。

Measure and record the weight in a fixed time every morning and evening, understand the amount of control diet circumstances.

4、每日飲水量建議是 24 小時尿液總量加 500 至 700c.c.。因此若每日小便量有 500c.c.，則每日水份攝取量則為 1000~1200c.c.（包含湯汁、飲料及服藥配的開水）。

Daily water intake recommendation in 24 hours is total urine plus 500 to 700c.c. .. Therefore, if the daily amount of urine has 500c.c., the daily water intake compared with 1000~1200c.c. (Contains soup, drinks and medication with boiling water).

5、吃新鮮水果代替果汁，可減少水份攝取，防止鉀離子過高。

Eat fresh fruit instead of fruit juice can reduce water intake to prevent excessive potassium.

6、口渴時可用水漱口，吃薄荷口香糖，或以檸檬汁結成冰塊含用。

When thirsty, gargle with water, eat mint chewing gum, ice or lemon juice.

7、避免食用醃製及加工製品或辛辣食物，以免口渴而增加飲水量。

To increase the amount of water containment, avoid eating pickled or spicy



foods and processed products,`

- 8、避免食用含水分過多的食物：例如稀飯、湯麵；及水分較多的水果，如：西瓜、水梨等。

Avoid eating foods containing too much water. For example, porridge, noodles, watermelon, and pear.

- 9、以乾飯、麵包、饅頭等紮實的固體食物代替含水分較高的稀飯、湯麵。若因咀嚼能力較差者，可將稀飯煮稠或選擇較軟的食物來烹調。

Eat foods such as cooked rice, bread, and other solid food instead of food containing high amounts of moisture.

- 10、同一餐的藥物儘量一起服用，可減少服藥之飲水量。

Consume the same meals as much as possible. The drugs taken together can reduce the amount of medication when drinking water.

- 11、平時增加飲食中纖維質，保持排便通暢，減少便秘發生。

Increase fiber in the diet to maintain smooth bowel movements and reduce constipation.

- 12、可做適當的運動，促進排汗，以減少水份囤積。

Do appropriate exercise to promote perspiration to reduce moisture accumulation.

- 13、為避免口唇乾裂，可使用護唇膏。

To avoid chapped lips, use lip balm.

- 14、糖尿病友請做好血糖控制，因血糖過高容易感覺口渴，水份會不知覺攝取過多。

Patients with Diabetes must be observed for blood sugar levels. High blood sugar is leads to high thirst,

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