

# NUTRITION KNOWLEDGE QUESTIONNAIRE



Agencia Sanitaria Costa del Sol  
CONSEJERÍA DE SALUD

HEMODIALYSIS UNIT

DATE: \_\_\_\_\_

Name and surname: \_\_\_\_\_ H<sup>o</sup>C<sup>a</sup>N<sup>a</sup>: \_\_\_\_\_

Interviewer nurse: \_\_\_\_\_

## KNOWLEDGE ASSESMENT QUESTIONNAIRE FOR CARERS AND PATIENTS ON HEMODIALYSIS

### KNOWLEDGES ABOUT NUTRITION

In order to improve the patient's quality of life we are studying the acquire knowledge degree.

Thanks for your cooperation.

*Choose the correct option with an "X"*

#### 1.-Why is so important the diet?

- a.- It's no important.
- b.- Because food can contribute harmful substances in to my body between dialysis.
- c.- Because a suitable diet can recover renal function.
- d.- I don't know.

#### 2.-Why the food that contains Potassium is dangerous?

- a.- Because can produce itching.
- b.- Because can produce muscular pain, cardiac arrest, death...
- c.- Because can produce hearing loss.
- d.- I don't know.

#### 3.- Which food contains more Potassium?

- a.- Vegetables and fruits.
- b.- Milk.
- c.- Pasta.
- d.- I don't know.

## NUTRITION KNOWLEDGE QUESTIONNAIRE

**4.- Vegetables are rich on Potassium. How should you take them to reduce the potassium levels?**

- 1.- Raw.
- 2.- Cooked.
- 3.- Cooked twice.
- 4.- I don't know.

**5.- How many pieces of fruit should you take a day?**

- a.- None.
- b.- One or two.
- c.- All that I want.
- d.- I don't know.

**6.- How many liquid can you take a day?**

- a.- As much as I can.
- b.- 500cc+ diuresis.
- c.- 2 liters.
- d.- I don't know.

**7.- What happens when you drink too much liquid?**

- a.- Respiratory distress, swelling legs and arms.
- b.- Cramps.
- c.- You urine more.
- d.- I don't know.

**8.- Which of the following options will you choose for mitigate the thirst?**

- a.- Drinking water frequently.
- b.- Drinking more than 1 liter a day I will not have thirst.
- c.- Sucking a slice of lemon, hard sweet or an ice cube.
- d.- I don't know.

**9.-Why you should eat without salt?**

- a.- You will have less thirst and the blood pressure will not be altered.
- b.- The time of dialysis will decreased.
- c.- You will urinate more.
- d.- I don't know.