H2Overload

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Fluid accumulation can be a major problem when it comes to kidney and heart disease. To combat accumulation, it is recommended to limit fluid intake and look for signs of fluid overload. This task can be tedious and may be overlooked especially when a patient is overwhelmed by other issues. To help make the process easier, the National Kidney Foundation has created a free app called H2Overload. The purpose of this app, as the name suggests, is to provide users with a tool to help track and limit fluid intake as well as identify the signs of fluid overload. H2Overload accomplishes this by providing three “health tools”: a fluid tracker, a weight tracker, and a blood pressure tracker.

The fluid tracker tool within the app prompts the user to enter a daily fluid allowance and a cycle start time, and to record the amount of fluid consumed. When fluid intake at a given time is recorded, it is added to the daily total and compared to the self-entered daily fluid allowance. A new day, which begins at the pre-designated cycle start time, will return the daily fluid intake to zero. The weight tracker tool asks the user to pick a 24-hour weight gain allowance (2-4 lbs) and allows him/her to enter a self-recorded weight when desired. If the 24-hour weight gain allowance is exceeded, the user is notified. The blood pressure tracker asks the user to enter an upper blood pressure limit. If self-reported blood pressure exceeds this limit- the user is notified. Each of these “health tools” provide graphics to help the user visualize what they’ve been recording.

Only the weight tracker and the blood pressure tracker have the unique ability to notify not only the user but also a care-giver and/or doctor when what is being tracked is out of the specified range. This notification can be e-mailed to the appropriate individuals when desired and is set up by entering an e-mail address with corresponding individuals in the user’s profile. The fluid tracker, weight tracker, and blood pressure tracker are very helpful tools.

Along with tools to track fluid intake and identify signs of fluid accumulation, H2Overload also provides a “my diagnosis section” and a “more” section. The “my diagnosis” section gives users relatable information about heart disease, kidney disease, and hyponatremia. The “more” section provides users with a place to log appointments, list medications, and record questions for healthcare providers as well as provide nutrition tips on how to fight thirst, limit fluid intake, and limit sodium intake. These sections, along with the “health tools”, give users a one-stop shop for managing fluid accumulation.

Generally, the H2Overload app is a helpful tool but it is not without fault. All of the information, whether it be fluid intake, weight, or blood pressure, is self-recorded and requires initiative on the part of the user. If a person with heart disease or kidney disease does not already regularly monitor his/her weight, fluid intake, or blood pressure, this app would likely not be very helpful in encouraging behavior modification.

Overall this app can be useful for a self-motivated population. It provides helpful tracking tools, unique visuals, and the ability to notify a caregiver or healthcare provider of abnormal values is a bonus. This app may be best suited for patients who are more tech-savvy and dislike keeping paper records.

Learn more at https://www.kidney.org/.

Nutrient Supplementation Project Now Available

The Academy of Nutrition and Dietetics’ Evidence Analysis Library has released the Nutrient Supplementation Project.

This project, updated from 2008, focuses on Vitamin E and Vitamin D supplementation in the adult population.

Highlights from this project include:

- Vitamin E and anti-coagulant interaction
- Vitamin D and bone health in adult and older populations

The Academy’s Nutrient Supplementation Position Paper is being developed and will be available from this site when it is published in the Journal of the Academy of Nutrition and Dietetics.

Available at www.andeval.org