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Medical Education Institute Releases New, Free Ultrafiltration Rate Calculator During National Kidney Month

Madison, Wisconsin—The non-profit [Medical Education Institute \(MEI\)](http://meiresearch.org) has launched a brand new [Ultrafiltration Rate Calculator](#) on its [Home Dialysis Central](#) website. Ultrafiltration (UF) is water removal during dialysis. The UF rate (UFR)—speed at which water is pulled out of the blood during a hemodialysis session—is a vital measure of safe and gentle treatment for patients.

MEI built the new tool, with input from Dr. John Agar and members of the Renal Unit, Barwon Health, Geelong, Australia, to help users *see* how fluid gains, body weight (in pounds or kilograms), and time affect a safe prescription to protect patients' hearts. Using Dr. Jennifer Flythe's analysis from *Kidney International*:

- A UFR <10 mL/Kg/Hr is “green,” or safe. Nocturnal treatments may be less than 5 mL/Kg/Hr.
- A range from 10-13 mL/Kg/Hr is “yellow,” incorporating a Medicare-proposed limit for U.S. clinics of <13 mL/Kg/Hr.
- A UFR >13 mL/Kg/Hr is “red”: *dangerous*. Rapid ultrafiltration puts patients at risk for myocardial “stunning” because it keeps oxygen-carrying blood from reaching the heart and other organs.

The free UFR calculator can be used by clinicians or consumers, before or after a treatment. “This tool will help U.S. dialysis clinics better understand the impact of UFR on how patients feel—and, ultimately, on their day-to-day quality of life and how long they may live,” said Dori Schatell, MEI Executive Director. “Clinics could start to collect data on patients' recovery time after treatment and the UFR of that treatment, too.”

About MEI: Founded in 1993, MEI is a national 501(c)(3) non-profit organization dedicated to helping people with chronic diseases learn to manage and improve their health. MEI fulfills its mission by conducting research, developing evidence-based educational materials for consumers and health professionals, and advocating for patient-centered policies. MEI is funded through corporate sponsorships, fee-for-service contracts, product sales, and donations. Tax-deductible contributions can be made through MEI's website, www.meiresearch.org.