

# Dehydration and Benefits of Hydration

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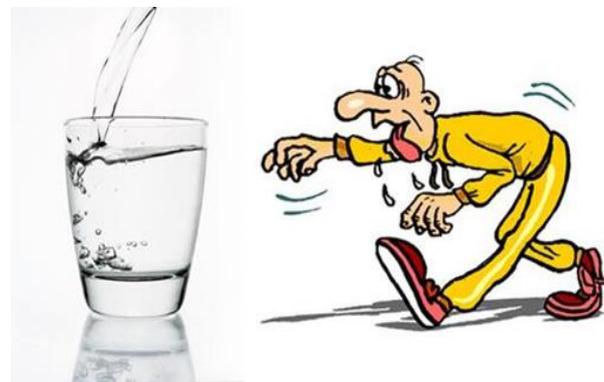
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# What is Dehydration?

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- *'the loss of water or body fluids from an individual'* (World Health Organisation 2002)
- Dehydration can affect both our physical and mental health
- It can affect your mood and feelings as well as your body



# CQC: Regulation 14:

## Meeting nutritional and hydration needs

- People who use services have adequate nutrition and hydration to sustain life and good health and reduce the risks of malnutrition and dehydration while they receive care and treatment.
- Providers must make sure that people have enough to eat and drink to meet their nutrition and hydration needs and receive the support they need to do so.

# What are the Common Causes of Dehydration?

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# Common causes of dehydration

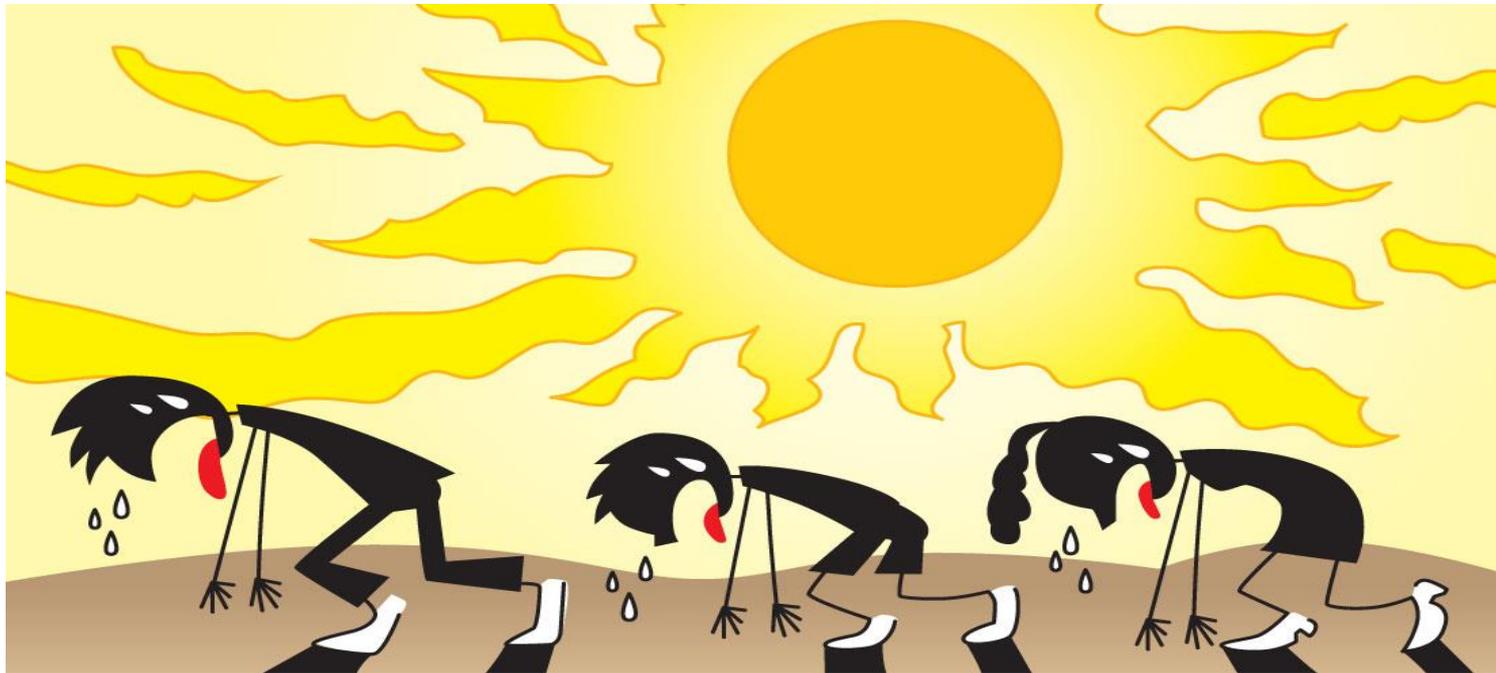
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- The elderly have a reduced thirst so may not know when they are thirsty
- Unable to communicate (cannot say when they are thirsty)
- Pre-existing medical conditions e.g. diabetes, stroke.
- Dementia
- Cognitive impairment
- Medications e.g. diuretics
- Dysphagia/swallowing difficulties
- Fear of incontinence due to drinking
- Mobility and dexterity issues



# What are some of the signs that can indicate a person may be dehydrated?

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# Signs and symptoms that can indicate a person may be dehydrated

## AM I DEHYDRATED? HERE'S HOW TO TELL

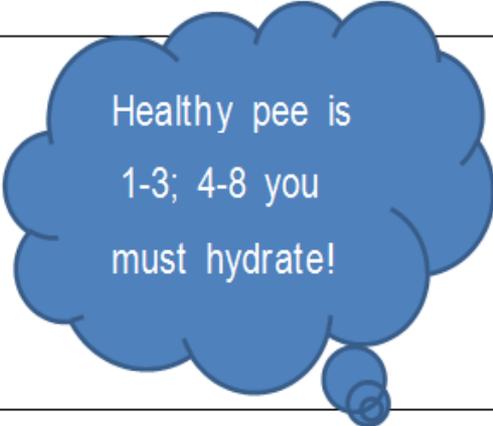
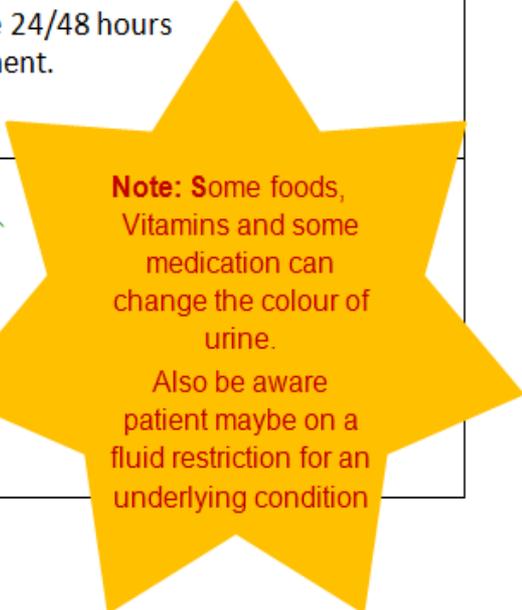
SIGNS OF MILD TO MODERATE DEHYDRATION INCLUDE:		SIGNS OF SEVERE DEHYDRATION INCLUDE:	
			
THIRST	DRY MOUTH	RAPID BREATHING	RAPID HEARTBEAT
			
FATIGUE	HEADACHE	SEVERE DIZZINESS OR LIGHTEADEDNESS	UNCONSCIOUSNESS OR DELIRIUM

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# Let's Talk Hydration Levels

Signs of how hydrated your patient is!

<b>1</b>	<b>Hydrated</b>	If the colour of your patient's urine matches 1, 2 or 3, it can be used as an indication that they are hydrated.	
<b>2</b>			
<b>3</b>			
<b>4</b>	<b>Dehydrated</b>	If the colour of your patient's urine matches 4, 5 or 6, they need to drink more. Update their care plan to ensure regular drinks are offered and drunk. Ensure staff assist the patient to drink for the 24/48 hours and monitor colour of urine to see improvement.	
<b>5</b>			
<b>6</b>			
<b>7</b>	<b>Severely Dehydrated</b>	If the colour of your patient's urine matches <u>7 or 8</u> – it may be an indication that your patient is dehydrated. <ul style="list-style-type: none"><li>➤ Review Fluid intake</li><li>➤ Commence fluid chart</li><li>➤ Observe for other signs of deterioration</li><li>➤ Contact the doctor if necessary</li></ul>	
<b>8</b>			

# What are the benefits of good hydration?

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- Good hydration improves cognitive function
- Reduced risk of constipation
- Promotes skin health and reduces risk of pressure ulcers and aids wound healing
- Reduces risk of UTI's - Good hydration maintains healthy urinary tract and prevents infections

# What are the benefits of good hydration?

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- Avoids postural hypotension (low blood pressure)
- Kidney stones- reduces risk of stones forming
- Reduces risk of falls- (dehydration identified as a risk to falling)
- Reduces risk of hospital admission and improves clinical outcomes
- Diabetes- blood sugar levels (high sugar level control leads to increased urine output)

# Can you think of ways to improve hydration?

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# Give people lots of choices

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By offering multiple choices, the patient can choose what they want each time



# Think about choices – what would people like to drink?

- Hot and cold
- Different flavours
- Colourful options
- Fruit infused water
- Ice
- Squash
- Fruit Juice
- Nourishing milk drinks
- Different types of cups – find out what residents like
- Try something new ***'flavour of the week/month'***



# Tools for assessing and recognising dehydration

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- GULP dehydration screening tool

<https://eput.nhs.uk/wp-content/uploads/2014/07/GULP-Dehydration-risk-screening-tool.pdf>

- Recognising dehydration

<https://www.infectionpreventioncontrol.co.uk/content/uploads/2016/10/Advice-Bulletin-Care-Homes-02-2016.10.pdf>

# Drinks Record Chart

(if you are concerned about a persons fluid intake)

## Hydration monitoring

	Day 1	Day 2
8AM	 <input type="checkbox"/> Full  <input type="checkbox"/> Full	 <input type="checkbox"/> Full  <input type="checkbox"/> Full
10AM	 <input type="checkbox"/> Full  <input type="checkbox"/> Full	 <input type="checkbox"/> Full  <input type="checkbox"/> Full
12PM	 <input type="checkbox"/> Full  <input type="checkbox"/> Full	 <input type="checkbox"/> Full  <input type="checkbox"/> Full
2PM	 <input type="checkbox"/> Full  <input type="checkbox"/> Full	 <input type="checkbox"/> Full  <input type="checkbox"/> Full
5PM	 <input type="checkbox"/> Full  <input type="checkbox"/> Full	 <input type="checkbox"/> Full  <input type="checkbox"/> Full

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**Do you have any further Questions,  
Comments, Concerns?**

**Please email:**

**[CareHomes@bradford.nhs.uk](mailto:CareHomes@bradford.nhs.uk)**



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