

What is Dehydration?

Dehydration occurs when the body loses more fluid than what is taken in and lacks sufficient water and other fluids to perform its normal functions.

Dehydration can happen more easily in individuals with:

- Diabetes
- Experiencing vomiting or diarrhoea
- Prolong exposure to the sun (heatstroke)
- Excessive alcohol intake
- Profuse sweating
- High temperature
- Medication that increases urination (diuretics).

Medication that can affect fluid loss to the body video: <https://youtu.be/ypQ-cU9XLPk?si=sJ74I5hEE2mQ-d8i>

Signs and symptoms of Dehydration?

Spotting the signs of Dehydration Video: <https://youtu.be/N8LaeOGSPjM?si=DPAGjgHdCzdbmlnz>

- Dry mouth/ lips/ tongue
- Thirsty
- Headache
- Dry skin
- Passing less urine/ Smelly urine/ Dark or cloudy urine
- Dizziness
- Lethargy
- Sunken eyes
- Nocturia (frequent urination at night)
- Pee that looks cloudy, dark or has a strong smell
- Sudden urges to urinate
- Confusion
- Low blood pressure
- Lack of tears or sweat
- Rapid heart rate

[Dehydration - NHS \(www.nhs.uk\)](https://www.nhs.uk)

<https://www.nice.org.uk/sharedlearning/reducing-incidence-of-urinary-tract-infections-by-promoting-hydration-in-care-homes>

<https://www.nhs.uk/conditions/urinary-tract-infections-utis/>

- Poor concentration
- Irritability

How does dehydration affect the body?

[Effects of dehydration poster \(nhs.scot\)](#)

How does hydration and nutrition impact the risk of infection and fighting off illness?

Dehydration and Poor nutrition impacts susceptibility to infection in the following ways:

- Prolongs wound healing due to lack of protein
- Impairs wound healing
- Increases the risk of skin breakdown and pressure sores
- Impairs respiratory function

Poor hydration increases the risk of Urinary tract infections

Urinary tract infections (UTIs) affect your urinary tract, including your bladder (cystitis), urethra or Kidney’s infection. UTIs may be treated with antibiotics, but they’re not always needed.

Dehydration is a common cause of hospital admission for nursing home residents. One in four nursing home patients admitted to hospital are dehydrated. Dehydration increases the risks of UTIs which can lead to multiple complications including confusion, falls, Acute kidney Injury and hospital admission. UTIs in the elderly are often over-diagnosed and over treated.

Reduce UTIs through improving hydration in nursing and residential homes.

Urinary tract infections Video:
<https://youtu.be/zBen05zCCHU?si=HI3ztn8W3GErZyZG>

Improving Hydration

Good Hydration improving hydration video:

<p>https://youtu.be/6hZR8DX_Tao?si=VToeWSTBtT3SPSp-</p> <p>Improving Hydration through structured drinks rounds in care homes video: https://youtu.be/xZuJwJScgAM?si=hlYoPXqKy3Fwxmbj</p>	
<p>How much Fluid intake do you need? Aim to drink 6 to 8 cups or glasses of fluid a day unless on a fluid restriction. This may include water, milk, sugar free drinks, coffee, hot drinks.</p> <p>Some residents may need further support to stay hydrated. For example:</p> <ul style="list-style-type: none"> • Choose a cup suitable for the resident they may prefer to use a straw • Support and encouragement to maintain fluid intake throughout the day It could be as simple as set drink routines rather than relying on thirst alone • Jelly, soups and other food rich in fluid can be offered to increase fluid intake if the resident doesn't want to drink • Encourage fluids when giving care at night if sufficient fluid intake cannot be taken during the day. 	<p>https://northeastlondon.icb.nhs.uk/wp-content/uploads/2022/04/MM-ELHCP_Hydration_guidance_care_home.pdf</p> <p>Water, drinks and hydration - NHS (www.nhs.uk)</p>
<p>Fluid Charts Fluid balance is a term described as the balance of the input and output of fluids in the body to allow metabolic processes to function correctly. It is an essential tool to determine hydration status.</p> <p>Fluid charts may be started on residents if they are unwell and there is a concern, there are new residents and there's a need to get a baseline that can be used in future to identify declining changes, fluid intake is low, residents with UTI.</p> <p>Its important that the fluid chart is recorded accurately to provide the correct support for the resident.</p>	

Poster <https://www.bsuh.nhs.uk/library/wp-content/uploads/sites/8/2019/01/Fluid-Balance-Monitoring-Poster.pdf>