

hydration STATION

"You need to drink to think!"

Jill

"I have more energy and feel more alert when rehydrated"

Arlene

Day Surgery

"Although I initially had reservations about the rehydration station / tray, I quickly came round and agreed with the concept. My main concerns were over potential Infection Control issues. However, it has proven not to be the case. It actually keeps the ward tidier and reduces the risk of bottles lying for any length of time. The labelling of the bottles with the name and date ensures the bottles are cleaned and fresh water or juice added daily. It also reduces the use of plastic cups. All staff felt the benefit and this was particularly noticeable during the hot weather last summer."

Margaret McLay, Senior Charge Nurse

Where will you locate your Team Hydration Station?

"I would not hydrate as much without the station"

Yvonne

"I feel I drink more now that our bottles are out at the rehydration station"

Ashleigh

Endoscopy



Members of the Staff Support and Wellbeing Group also visited the Endoscopy Unit. The Endoscopy Team have allocated a room to allow staff to rest and rehydrate To take 5! This dedicated room has comfy chairs, drinks / water cooler, reading material and a supply of support leaflets and resources for staff

"It stops me from being dehydrated because the station is visible and encourages you to drink"

Heather

"The colouration of my urine when I drink and stay hydrated"

Margaret

"I never drank at all on shift before the rehydration station"

Maureen

"I couldn't do without it as I never drank enough before as I felt it was frowned upon"

Helen