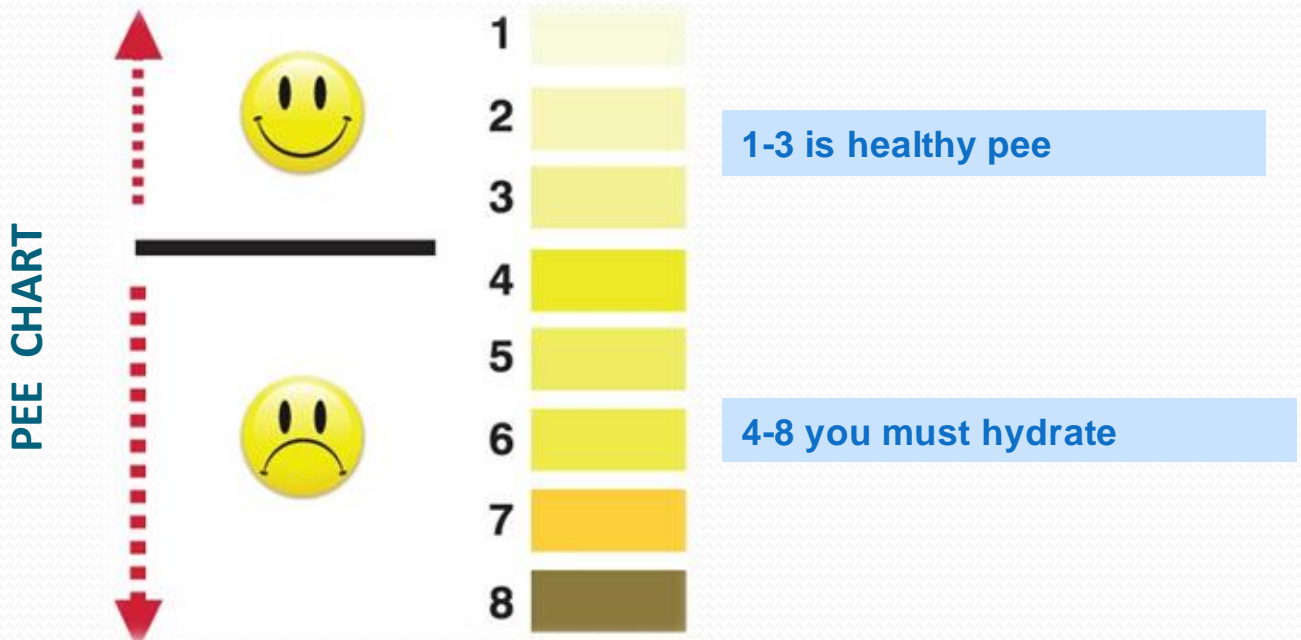
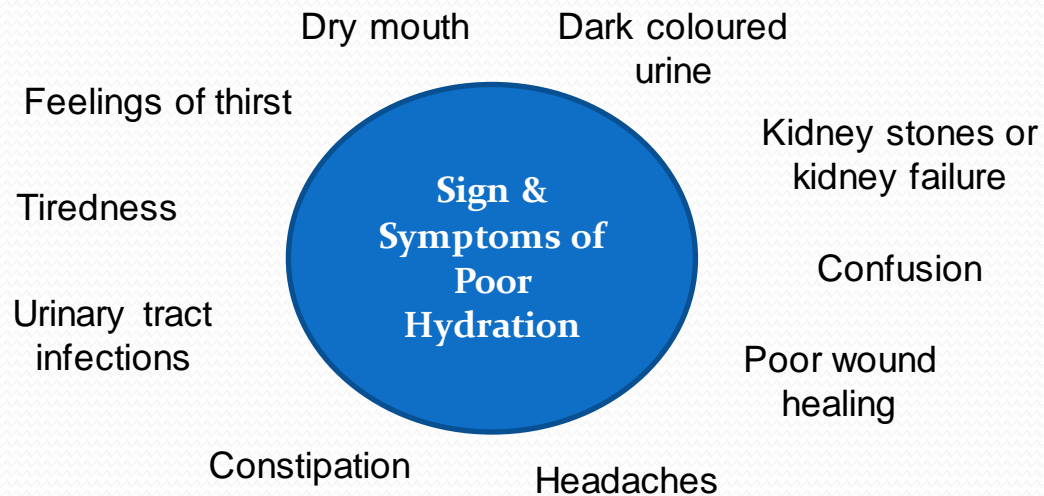


Hydration

'Water is essential for life and maintaining the correct balance of fluid in the body is crucial to health.' It is widely recognised that poor hydration management results in poorer patient outcomes including increased morbidity, mortality, increased length of hospital stay and more frequent hospital admissions. Delivering safe, effective and person-centred hydration is every health care professional's responsibility.

People are at increased risk of dehydration if they; avoid drinking due to fear of incontinence, have swallowing problems, are unable to drink independently or struggle to communicate their needs.



Tips for Good Hydration

- Aim for 1.6L per day which is 6-8 cups of fluid.
- 80% of our fluid intake comes from drinks e.g. fruit juice, milk, tea, fizzy drinks but 20% comes from soups, custard, fruit and jellies so use these to help top up hydration.
- Encourage a mixture of different fluids.
- Beverages need to be freely available and physically accessible 24hr/day. Keep a fluid chart if required.
- Encourage people to drink, especially those at risk of poor intakes – little and often.
- Offer larger volumes of water with medications.
- Encourage greater consumption during the day for those who have fear of incontinence at night.
- Ensure drinks are provided at the correct consistency for those individuals who require fluids to be thickened.



People may need more fluid in certain circumstances:

