

IPC Bulletin for GP Practice Staff

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Nutrition and Hydration Week: 11-17 March, 2019

Nutrition and Hydration Week is an annual event with a shared objective to highlight, promote and celebrate improvements in the provision of nutrition and hydration to all those in health and social care settings locally, nationally and globally.



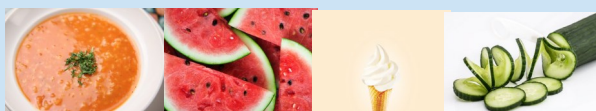
Why raise awareness?

As people age, their sense of thirst and appetite reduces and they become less interested in cooking nutritious meals and maintaining good levels of hydration.

Nutrition and Hydration Week provides an opportunity to raise awareness to the patients registered at your practice on the many benefits an adequate level of diet and fluids can have.

There are many reasons why a balanced diet and adequate levels of hydration are beneficial. In terms of infection control, those patients that are well nourished and hydrated are less likely to get a urinary tract infection. A balanced diet that includes 6-8 glasses of water a day can improve a patients immune system and reduce their recovery time from common minor ailments.

It is important to remind patients and their families that hydration does not always have to come from fluids. There are lots of foods out there that are not only nutritious, but have a high water content too. Elderly patients and children may find them more enjoyable. Some examples are pictured below:



How hydrated are your patients?

The urine colour chart below can provide an indication of how hydrated a person is and provide guidance for improvement. This may be a useful visual aid for patients when considering if they are drinking enough fluids.

Urine colours between 1-3 can indicate an adequate level of hydration. This can reduce the risk of urinary tract infections and constipation, prevent a change in behaviour which may be more challenging in patients with dementia and prevent irritation of the bladder which can lead to new or worsening incontinence.

Urine colours between 4-8 indicate a need for rehydration.

Please note, some medications, supplements and foods, can affect the colour of urine.

Colours 1-3 suggest normal urine	
	1. Clear to pale yellow urine suggests that you are well hydrated.
	2. Light/transparent yellow urine suggests an ideal level of hydration.
	3. A darker yellow/pale honey coloured urine suggests that you may need to hydrate soon.
Colours 4-8 suggest you need to rehydrate	
	4. A yellow, cloudier urine colour suggests you are ready for a drink.
	5. A darker yellow urine suggests you are starting to become dehydrated.
	6. Amber coloured urine is not healthy, your body really needs more liquid. All fluids count (except alcohol).
	7. Orange/yellow urine suggests you are becoming severely dehydrated.
	8. If your urine is this dark, darker than this or red/ brown, it may not be due to dehydration. Seek advice from your GP.

Visit our website to find lots of IPC resources, many of which are free to download.

www.infectionpreventioncontrol.co.uk

01423 557340

Or, find us on:



For more information and downloadable resources for Nutrition and Hydration Week visit:

www.nutritionandhydrationweek.co.uk