

IPC Advice Bulletin for Care Home Staff

Issue No. 08– March 2018

To further support Care Home Staff, here is some information on good infection prevention and control (IPC) practice.



Nutrition and Hydration Week 12th— 18th March 2018

Are your care home residents getting enough to drink?

Take the Urine Colour Chart Challenge and see

Did you Know

1 in 5 residents in care homes are dehydrated.

Dehydration in older people increases their risk of urinary tract infections and constipation.

For those with dementia, it can lead to more challenging behaviour.

Restricting fluid produces concentrated urine which can irritate the bladder and make incontinence worse.

With age, the sense of thirst drops, so residents may not recognise that they are thirsty.

Some residents do not remember to drink as the cup offered is not what they are used to.

Ways to increase fluid intake

Cup switch - use a bigger cup which also has a large handle to make drinking easier.

Know what each resident likes to drink and make it to their preferred choice.

Make drinking relaxed and sociable including when family and friends are visiting.

Take part in the Nutrition and Hydration Week and continue good practice.

Further information and 'The urine colour guide':
www.infectionpreventioncontrol.co.uk

Nutrition and Hydration Week information available at
<https://nutritionandhydrationweek.co.uk/>

Hooper, L (2015) Reducing dehydration in residents of care homes: *Nursing Times Vol 111 No 34/35*

The Challenge

Identify the residents in your home who are prone to urinary tract infections and check the colour of their urine.

Use the urine colour chart below, (available on our website), as an indicator of their level of hydration, and follow the suggested recommendations.

As a guide, encourage residents to drink 6-8 glasses (1½ -2 litres) of fluid a day.

It is important to note that some medications, vitamin supplements and food can alter 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.