

IPC Advice Bulletin for staff providing Domiciliary Care

Issue No. 07 – March 2018

To further support care staff, here is some information on good infection prevention and control (IPC) practice.



Nutrition and Hydration Week 12th – 18th March 2018

Are the residents that you care for in their home getting enough to drink?

Did you know.....

Dehydration in older people increases their risk of urinary tract infections, constipation and an increase risk of falls.

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

With age, the sense of thirst decreases, so older people may not recognise that they are thirsty.

Some people limit what they drink for fear of incontinence. However, restricting fluid produces concentrated urine which can irritate the bladder and make incontinence worse.

Ways to increase fluid intake

Remind your clients to drink little and often even if they do not feel thirsty.

Keep a supply of their favourite beverages near by.

Offer a full glass of fluid with medications.

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

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

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*

What you can do.....

It is important to recognise when the older person is not drinking enough and help them to drink more.

- Explain to your clients the risks of dehydration, especially urinary tract infections, and ask them to 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.
- 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.