

IPC Bulletin for Care Homes

Issue No. 14 — March 2019



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 take part?

1 in 5 residents in care homes are dehydrated.

As people age, their sense of thirst and appetite reduces. They may need a gentle reminder to eat and drink.

Some health conditions can affect the way people see and taste. Therefore, extra consideration may need to be taken in the way the food is presented to encourage a resident to eat and drink.

There are many reasons why a balanced diet and adequate levels of hydration are beneficial. In terms of infection control, those residents that are well nourished and hydrated are less likely to get a urinary tract infection. These residents are also more likely to heal quicker, therefore, reducing the time they have an open wound which is a potential entry for infection causing micro-organisms.

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. These foods may be considered when achieving adequate levels of hydration when through fluids alone is difficult. Some high water content foods are pictured below:



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:



How hydrated are your residents?

The urine colour chart below can provide an indication of how hydrated a person is and provide guidance for improvement.



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 residents 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.

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

www.nutritionandhydrationweek.co.uk