

# IPC Bulletin for Care Homes

Issue No. 32 - June 2021

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

## Summer has arrived - keeping hydrated will help to prevent urinary tract infections (UTI's)

### Dehydration and UTI's

- 1 in 5 residents in care homes are dehydrated.
- 1 in 4 nursing home residents admitted to hospital are dehydrated.
- Dehydration in older people increases their risk of developing a urinary tract infection.
- Keeping hydrated in the hot weather can be a challenge.
- During the summer months there is an increase in the number of UTI's in care home residents.

### Nutrition and Hydration Week

14th - 20th June, 2021



Take part in the 'Nutrition and Hydration Week' and then continue the good practice. This year, the annual event is in June and has a shared objective to highlight, promote and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally.

A variety of foods have a high water content and can help keep your residents hydrated. Create 'hydration stations' or establish themed drinks rounds trolleys to add variety to drinks available.



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

[www.nutritionandhydrationweek.co.uk](http://www.nutritionandhydrationweek.co.uk)

### Keeping track of hydration

As well as using your fluid balance charts, you can use the urine colour chart below to monitor how well hydrated your residents are.

Urine colours between 1-3 can indicate an adequate level of hydration.

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.

Available to download at:

[www.infectionpreventioncontrol.co.uk/resources/urine-colour-guide-poster-for-care-homes-and-domiciliary-care-uti/](http://www.infectionpreventioncontrol.co.uk/resources/urine-colour-guide-poster-for-care-homes-and-domiciliary-care-uti/)

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

[www.infectionpreventioncontrol.co.uk](http://www.infectionpreventioncontrol.co.uk)

Call us on 01423 557340, or find us on:

