

IPC Bulletin for Staff providing Domiciliary Care

Issue No. 27 - June 2021

To support Domiciliary Care 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

- UTI's are very common and can affect most women at least once in their lifetime.
- 1 in 5 women of any age will have problems with repeated infections.
- Dehydration can increase the risk of developing a urinary tract infection.
- During the summer months, there is an increase in the number of UTI's.
- Keeping hydrated in hot weather can be a challenge.

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 service users hydrated.



For

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

www.nutritionandhydrationweek.co.uk

Keeping track of hydration

Service users can use the urine colour chart below to monitor how well hydrated they 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/

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

www.infectionpreventioncontrol.co.uk

Call us on 01423 557340, or find us on:

