

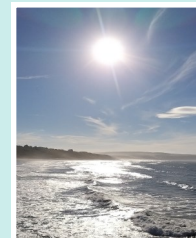
IPC Bulletin for Care Homes

Issue No. 52 - July 2024



Produced by an NHS Community Infection Prevention and Control Team based in North Yorkshire for distribution to subscribers.

Prevent dehydration this summer



Being hydrated has many benefits for a person's physical and mental health. As we get older, the desire to drink fluids naturally decreases making the elderly more vulnerable to dehydration, especially during hot weather. People with reduced mobility may find it more difficult to get a drink or worry about getting to the toilet in time.

Keeping track of hydration

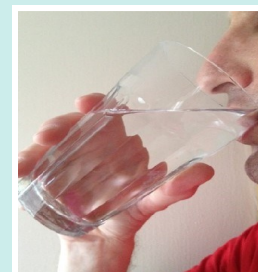
- The recommended fluid intake is at least 1500 ml/6-8 mugs or glasses per day, unless fluid restricted.
- Identify residents who need assistance with fluid intake or getting to the toilet and ensure they have support.
- A fluid balance chart helps to monitor fluid intake.
- A urine colour chart can indicate how well hydrated your residents are. (Please note, some medications, supplements and foods, can affect the colour of urine.)
- Monitor for signs of dehydration - dry skin/lips/mouth, headaches, new confusion or drowsiness.

Ways to increase hydration

- Can you increase the cup size to offer a larger drink?
- Ensure the cup used is suitable for the individual - is the handle large enough to use, is the cup light enough?
- Offer food high in fluid such as jelly, ice cream, ice lolly, watermelon, smoothie or custard.
- Incorporate hydration stations and provide the opportunity to drink at every meal time, medication round, mid-morning and afternoon.
- A 'Hydration champion' can increase awareness of hydration within the home.

Resources for staff and residents on hydration can be downloaded free:

- www.infectionpreventioncontrol.co.uk/resources/preventing-dehydration-viral-gastroenteritis/
- www.infectionpreventioncontrol.co.uk/resources/urine-colour-guide-poster-for-care-homes-and-domiciliary-care-uti/
- www.infectionpreventioncontrol.co.uk/resources/guidance-on-uti-for-care-home-staff/



Colours 1-3 suggest normal urine	
	1. Clear to pale yellow urine suggests that the resident is well hydrated.
	2. Light/translucent yellow urine suggests an ideal level of hydration.
	3. A darker yellow/pale honey coloured urine suggests that the resident may need to hydrate soon.
Colours 4-8 suggest the resident needs to rehydrate	
	4. A yellow, cloudier urine colour suggests the resident is ready for a drink.
	5. A darker yellow urine suggests the resident is starting to become dehydrated.
	6. Amber coloured urine is not healthy. The resident requires more liquid. All fluids count (except alcohol).
	7. Orange/yellow urine suggests the resident is becoming severely dehydrated.
	8. If their urine is this dark, darker than this or red or brown, it may not be due to dehydration. Seek advice from their GP.

What's new

- **QNI**—IPC Champions Network, 13th August, 2024: Hand hygiene and PPE qni.org.uk/nursing-in-the-community/infection-prevention-and-control-champions/
- **IPC training event** for Care Homes and Domiciliary Care: 30th September, 2024. **BOOK NOW to reserve your place** at www.infectionpreventioncontrol.co.uk/events/

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

www.infectionpreventioncontrol.co.uk

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