

IPC Bulletin for Care Homes

Issue No. 60 - July 2025



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

Summer has arrived - keeping hydrated can help prevent urinary tract infections (UTIs)

During the summer months there is often an increase in the number of UTIs in care home residents. Dehydration in older people can increase their risk of developing a urinary tract infection. However, keeping hydrated in the hot weather can be a challenge. The recommended fluid intake is at least 1,500 ml/6-8 mugs or glasses per day, unless medically advised to restrict fluids. Below are some suggestions aimed at encouraging all residents, but especially those prone to UTI's, to increase their fluid intake.

Ways to increase hydration



- Having a 'Hydration champion' can increase awareness of hydration within the home.
- Offer food high in fluid, such as jelly, ice cream, ice lolly, watermelon or smoothies which can increase the residents fluid intake, especially on a hot day.
- Incorporate hydration stations with an array of drinks, including 'mocktails'.
- Encourage a drink with every meal, medication round, mid-morning, afternoon, evening and when chatting with a resident.
- Identify residents who need support with drinking or getting to the toilet and ensure it is provided.
- Consider increasing the size of the cup used so residents are offered a larger drink.
- Ensure the cup used is suitable for the individual - is the handle large enough to use and is the cup light enough?



We have a range of resources relating to hydration and the prevention of UTIs which are free to download:

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/

www.infectionpreventioncontrol.co.uk/resources/preventative-measures-for-care-home-staff-to-help-reduce-utis/

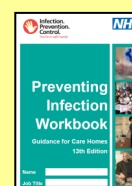
www.infectionpreventioncontrol.co.uk/resources/reduce-the-risk-of-catheter-associated-urinary-tract-infection/

The above resources can also be found on the link below together with a selection of other resources on UTIs:

www.infectionpreventioncontrol.co.uk/resources/?filter_keyword&filter_audience%5B0%5D=care-homes&filter_topic%5B0%5D=utis&page_no=1

What's new for Care Homes and upcoming events

- **Preventing Infection Workbook: Guidance for Care Homes 13th Edition - COMING SOON**
Updated in line with the new set of 'Community IPC Policies for Care Home settings' as featured in the May Bulletin. To order, please complete and email the [order form](#).
- QICN—Care Home Nurses Network IPC meeting, 15/07/2025: [Care Home Nurses Network/IPC meeting Tickets, Tue, Jul 15, 2025 at 2:00 PM | Eventbrite](#)
- IPC training for Care Homes and Domiciliary Care: 13/10/2025: 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 Call us on 01423 557340

