Hydration Care
Preventing Dehydration in Long-Term Care Facilities

Quality Monitoring Program
OBJECTIVES

- Improve knowledge of hydration care
- Define dehydration
- Lists risk factors for dehydration
- Identify signs/symptoms of dehydration
- Identify methods to prevent dehydration
What is Dehydration?

- Dehydration is: an abnormal depletion of body fluids.
- Caused by: decreased fluid intake/increased fluid loss
CAUSE
Decreased Fluid Intake / Increased Fluid Loss
Reasons people may drink inadequate amounts of fluid

• Decreased thirst perception
• Inability to obtain fluids
• Intentionally decreased intake to prevent episodes of incontinence
• Acute illnesses
• Medications
• Environment
Associated With Many Conditions

- Urinary tract infections (UTI)
- Pneumonia
- Pressure ulcers
- Hypotension
- Constipation
- Depression
- Confusion/Disorientation
- Functional Decline
- Falls
- Gastroenteritis
- End-stage diseases
- Medications
- Dysphagia
Risk Factors for Dehydration

- Dementia
- Depression
- Fever/Infection
- Vomiting/Diarrhea
- Medications
- Dysphagia
- Fluid Restriction
- Multiple Chronic Diseases
More Risk Factors for Dehydration

- Advanced Age
- Decreased thirst perception
- ADL Dependence
- Terminal Illness
- Enteral Nutrition

- Environmental Factors
- Restraints
- Communication Problems
- Restricted Diets
- Thickened liquids
Institutional Factors

- Staff attitudes and beliefs
- Inadequate staffing
- Lack of a systematic hydration plan
Signs and Symptoms of Mild to Moderate Dehydration

- Dry, sticky mouth
- Sleepy or tired
- Thirsty
- Decreased urine output
- Muscle weakness
- Headache
- Dizzy or lightheaded
Advanced Signs and Symptoms

- ADL Decline
- Change in mental status
- Constipation
- Little or no urination
- Postural hypotension
- Recent rapid weight loss (3-5 pounds in short time)
- Tachycardia
- Coma
How To Prevent Dehydration?

TAKE ACTION
Actions for Prevention

- Provide liquids before and with meals
- Provide liquids between meals
- Provide liquids with medication passes
- Encourage the individual to drink
- Provide foods high in water content
Water Content of Foods

- Lettuce - 96%
- Celery - 95%
- Dill Pickles - 93%
- Sauerkraut - 93%
- Watermelon - 91%
- Strawberries - 90%
- Cream of Wheat - 87%
- Canned pears - 86%
- Cottage Cheese - 79%
- Red kidney beans - 67%
Care Planning

- Determine the goal of therapy
  - Prevent Dehydration
  - Provide fluids to re-hydrate
Palliative Care: Hydration Goal

- Establish a formal palliative plan of care that anticipates and addresses dehydration

- Develop a plan that:
  - Ensures good mouth care
  - Preserves dignity
  - Promotes comfort
Ways To Make A Difference

- Train and educate on a continuing basis

- Monitor individuals at risk

- Regularly assess all individuals to determine who is at risk
Ways to Make A Difference

- Identify actions the entire team can take to improve hydration

- Make it a team effort. Involve trained volunteers and family members.

- Use any and every excuse to have a celebration and serve refreshments!
The DADS Vision for Hydration in Long-Term Care:

Adequate hydration except when advance care planning anticipates terminal dehydration.
References

Texas Quality Matters Web Site- http://www.texasqualitymatters.org


American Dietetic Association: www.eatright.org