



# Hydration Care

Preventing Dehydration in Long-Term Care Facilities

Quality Monitoring Program

# OBJECTIVES

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- ❖ 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?

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❖ 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

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- ❖ 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

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❖ 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

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- ❖ Staff attitudes and beliefs
- ❖ Inadequate staffing
- ❖ Lack of a systematic hydration plan



# Signs and Symptoms of Mild to Moderate Dehydration

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- ❖ Dry, sticky mouth
- ❖ Sleepy or tired
- ❖ Thirsty
- ❖ Decreased urine output
- ❖ Muscle weakness
- ❖ Headache
- ❖ Dizzy or lightheaded

# Advanced Signs and Symptoms

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- ❖ 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 ?

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**TAKE ACTION**



# Actions for Prevention

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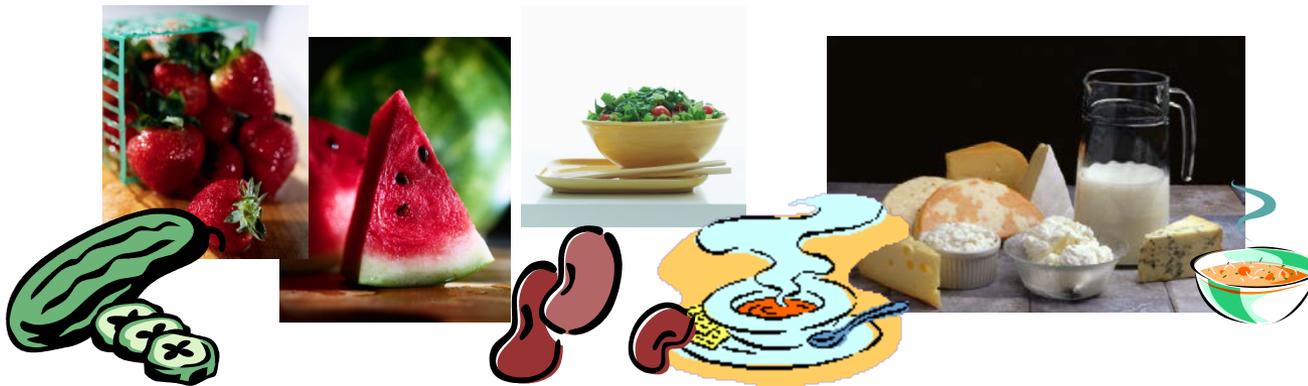
- ❖ Provide liquids before and with meals
- ❖ Provide liquids between meals
- ❖ Provide liquids with medication passes
- ❖ Encourage the individual to drink
- ❖ Provide foods high in water content



# Water Content of Foods

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- ❖ 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

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## ❖ 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

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❖ 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

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- ❖ 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

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❖ Texas Quality Matters Web Site-

<http://www.texasqualitymatters.org>

❖ USDA National Nutrient Data Base-

<http://www.ars.usda.gov/Services/docs.htm?docid=9673>

❖ American Dietetic Association:

[www.eatright.org](http://www.eatright.org)