

BRAIN BOOSTER

BY FUSION

**HYDRATION & HOT
WEATHER**



Care Management Software

Empowering Outstanding Care Through Technology



01133 979 555



support@fusioncare.co.uk



www.fusioncare.co.uk

STAYING HYDRATED AND HOT WEATHER HINTS



stay hydrated

Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. If lost fluids are not replaced, you will become dehydrated. Anyone may become dehydrated, but the condition is especially dangerous for young children and older adults.

Older adults naturally have a lower volume of water in their bodies and may have conditions or take medications that increase the risk of dehydration.

Causes



Sometimes dehydration occurs for simple reasons: You don't drink enough because you're sick or busy, or because you are unable to access drinks independently

Other dehydration causes include:

- **Diarrhoea, vomiting** - Severe, acute diarrhoea, that is, diarrhoea that comes on suddenly and violently can cause a tremendous loss of water and electrolytes in a short amount of time. If you have vomiting along with diarrhoea, you lose even more fluids and minerals.
- **Fever** - In general, the higher your fever, the more dehydrated you may become. The problem worsens if you have a fever in addition to diarrhoea and vomiting.
- **Excessive sweating** - You lose water when you sweat. If you do vigorous activity and don't replace fluids as you go along, you can become dehydrated. Hot, humid weather increases the amount you sweat and the amount of fluid you lose.
- **Increased urination** - This may be due to undiagnosed or uncontrolled diabetes. Certain medications, such as diuretics and some blood pressure medications, also can lead to dehydration, generally because they cause you to urinate more.

Symptoms:

Thirst isn't always a reliable early indicator of the body's need for water. Many people, particularly older adults, don't feel thirsty until they're already quite dehydrated.

- Extreme thirst/dry mouth
- Less frequent urination
- Dark-coloured urine
- Fatigue
- Dizziness
- Increased Confusion

Dehydration can lead to serious complications:

Heat injury - If you don't drink enough fluids when perspiring heavily, you may end up with a heat injury, ranging in severity from mild heat cramps to heat exhaustion or potentially life-threatening heatstroke.

Urinary and kidney problems- Prolonged or repeated bouts of dehydration can cause urinary tract infections, kidney stones and even kidney failure.



Risk Factors

Older adults



As you age, your body's fluid reserve becomes smaller, your ability to conserve water is reduced and your thirst sense becomes less acute. These problems are compounded by chronic illnesses such as diabetes and dementia, and by the use of certain medications. Older adults also may have mobility problems that limit their ability to obtain fluids for themselves.

People with chronic illnesses

Having uncontrolled or untreated diabetes puts you at high risk of dehydration. Kidney disease also increases your risk, as do medications that increase urination. Even having a cold or sore throat can make you more susceptible to dehydration because you're less likely to feel like eating or drinking when you're unwell.



Managing Hydration during hot weather

When it's hot and humid, the risk of dehydration and heat illness increases. That's because when the air is humid, sweat can't evaporate and cool you as quickly as it normally does, and this can lead to an increased body temperature and the need for more fluids.

You lose water when you sweat. If you do vigorous activity and don't replace fluids as you go along, you can become dehydrated. Hot, humid weather increases the amount you sweat and the amount of fluid you lose.

Signs to look out for

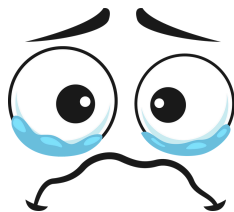
Dry Mouth



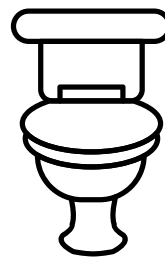
Dizziness



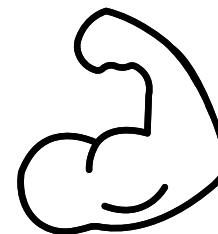
No Tears



Dark/Smelly
Urine



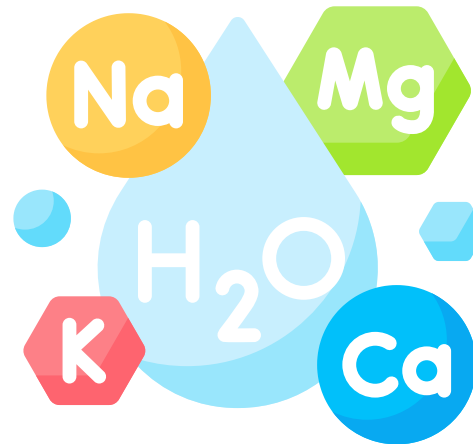
Muscle
Cramps



No Sweat



Managing Hydration during hot weather



Make sure residents are not sat outside in direct sunlight for long periods of time, use shaded areas of the garden, encourage them to wear a hat. Make hydration part of the outside experience, drinks on the lawn, a tea party, picnic, ice creams, fruit cocktails/smoothies, fruit slices etc, ensuring that residents receiving a textured modified diet have access to the same food and fluids, appropriately modified, during these events.

Remember

Staff need drinks too – make sure you stay hydrated throughout the day, especially in warmer weather!!

Hydration Stations

- Set up 'Hydration Stations' around the home
- Develop a thirst quencher menu with the culinary team and residents (flavoured waters, appealing/favourite drinks)
- Promote thirst quenchers within the home to both residents and visitors
- Ensure these drinks are freely available and replenished throughout the day
- Ensure residents on modified fluids are offered the same choice of drinks as residents on normal fluids (lemonade/beer/wine - any fluids can be thickened)
- Are drinks offered to all residents throughout the day, in addition to the meal and break time offers?
- Are water/drinks available in the staff room?
- Do staff have access to drinks throughout their shift?

Managing hydration in the home

- Ensure drinks are always readily available
- Offer drinks at regular intervals and encourage visitors to do the same
- Be inventive in how else you can offer fluids, e.g. ice lollies, soups, smoothies
- Monitor those at highest risk of dehydration and, if showing signs, act immediately
- Use activity sessions to promote fluid intake, making non-alcoholic cocktails, juicy fruit desserts, homemade lollies etc

HYDRATION
AT HOME



Managing hydration in the home

Don't Delay

These are some of the more serious signs of dehydration which require immediate intervention

Low Blood
Pressure



Weak but
rapid pulse



Headache



Confusion



Medical advice/intervention must be sought for anyone displaying these symptoms