

# Dehydration

## Prevent dehydration:

- Are you sure that your residents are getting enough fluid through the day?
- Check the resident's daily fluid requirements according to their weight.
- The allowance includes wet or watery food e.g. milk on cereals, soup, jelly, ice lollies, custard, ice cream

### Daily Fluid requirement according to weight.

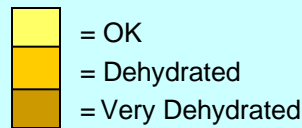
Weight in kg	Fluid in mls
50	1950
55	2025
60	2100
65	2175
70	2250
75	2325
80	2400
85	2475
90	2550
95	2625
100	2700

## Check for signs of dehydration



- Headache
- Dizziness
- Irritability or lethargy
- Low Blood pressure
- More than 1% weight loss
- Low urine output

Have they got a low urine output or dark coloured urine?



YES

## Increase fluids:

- 150 mls per hour for 8 hours
- If the resident cannot drink large amounts try regular small sips
- Use a larger cup- they are likely to drink more from a large cup than a small cup

## Monitor fluid intake and output:

- Start a fluid balance chart.
- Measure fluid intake and urine output



Review after 24-48 Hours

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Has the resident improved?

NO

## Prevent further dehydration:

- Ensure residents receive the correct daily requirement of fluid according to their weight
- Teach the importance of good hydration -e.g. helping to prevent constipation; stabilising blood pressure; maintain good skin elasticity

Complete a new delirium checklist for up to date information.

Call the GP and use the checklists to describe the symptoms



YES

