**Preventing Dehydration**

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|  | **What is Dehydration?**Dehydration is a harmful imbalance of fluid in the body, caused by not drinking enough, or excessive fluid losses.Dehydration can be caused by difficulty swallowing, diarrhoea, vomit, feeling hot, not remembering to drink, diuretic medications |
|  | Some signs of dehydration include:* dark urine
* dry mouth and cracked lips
* headache, dizziness and fatigue
* low blood pressure
* feeling thirsty and hungry
 |
|  | Dehydration can have serious negative impacts, including: * delirium and reduced mental performance
* vomit
* risk of falls and injury
* urinary tract infection
* hospitalisation
 |
|  | **Preventing Dehydration**Drinking at least 8 full glasses of fluid daily, and more on hot days or if feeling unwell, including water (sparkling), juice, tea and milk |
|  | Try decaffeinated tea, coffee and fizzy drinks instead of regular varieties. |
|  | Eat fluid-rich foods like fruits, vegetables, yoghurt, smoothies, custard, pudding, jelly, soups and stews. |
|  | Drink rehydration solution, made with 6 tbsp sugar, ½ tsp salt and 1L water. Sachets bought over the counter are also suitable. |
| Chart  Description automatically generated | Check urine colour, aiming for pale yellow, and monitor urine frequency. Set reminders to drink and ask for help. |

**Service User:**   **Daily Fluid Chart for Staff Completion** **Date:**

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| --- | --- | --- | --- |
| **TIME**  | **FLUID INTAKE (ml)** **Oral/Enteral/Subcutaneous/IV** | **FLUID OUTPUT (ml): Urine/Vomit/Faeces/Saliva** | **BALANCE (ml) -ve/+ve** |
| 00.00-01.00 |  |  |  |
| 01.00-02.00 |  |  |  |
| 02.00-03.00 |  |  |  |
| 03.00-04.00 |  |  |  |
| 04.00-05.00 |  |  |  |
| 05.00-06.00 |  |  |  |
| 06.00-07.00 |  |  |  |
| 07.00-08.00 |  |  |  |
| 08.00-09.00 |  |  |  |
| 09.00-10.00 |  |  |  |
| 10.00-11.00 |  |  |  |
| 11.00-12.00 |  |  |  |
| 12.00-13.00 |  |  |  |
| 13.00-14.00 |  |  |  |
| 14.00-15.00 |  |  |  |
| 15.00-16.00 |  |  |  |
| 16.00-17.00 |  |  |  |
| 17.00-18.00 |  |  |  |
| 18.00-19.00 |  |  |  |
| 19.00-20.00 |  |  |  |
| 20.00-21.00 |  |  |  |
|  21.00-22.00 |  |  |  |
|  22.00-23.00 |  |  |  |
|  23.00-00.00 |  |  |  |
| **TOTAL** |  |  |  |

**Estimating Fluid Intake**

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| Use below table to estimate oral intake, and use syringe readings for enteral: |
| **1 cup**  | 250ml  | **1 teaspoon** 5ml |
| **1 soup bowl** | 350ml  | **1 tablespoon** 15ml |
| **1 mug**  | 335ml  | **1 can fizzy drink** 330ml  |

**Signs of Dehydration**

|  |  |
| --- | --- |
| **Does the service user have hard stools?**(type 1-2) Yes or No | **Does the service user have dark urine?** (type 4 or more) Yes or No  |
| **Does the service user have fluid losses?** (sweating, diarrhoea, vomit) Yes or No | **Does the service user have fluid losses?**(frequent urine output) Yes or No |

If **YES** to any of the above, if no fluid restriction, add at least 200-500mls of water to the service user’s regimen, consider rehydration solution, and monitor signs regularly.

**Comments**: