



Background

Older people have a similar water requirement to that of younger people yet older care home residents do not regularly consume the 6 glasses/1.5litres of fluid recommended per day. Resident factors such as cognitive, physical, sensory and behavioural problems, and care home factors such as lack of hydration policy or procedures contribute to low consumption of fluids by residents. The Hydration Trine is a holistic approach that promotes optimum hydration in a carehome. The 3 pillars of Hydration Policy, Practice and People ensure that the care home team understand daily fluid requirements, and they are competent in a range of approaches to encourage and support residents to drink sufficient fluids to maintain health.

The Hydration Trine

Source

An exploration of approaches to hydration and treating dehydration in older care home residents in Gateshead and Newcastle. Professor Glenda Cook, Dr Philip Hodgson, Dr Claire Hope, Dr Juliana Thompson. June 2017. Northumbria University
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The Hydration Trine

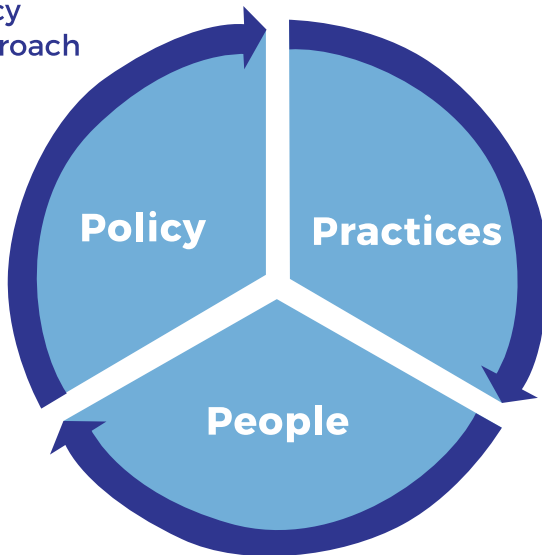


Drink friendly care home

- Hydration policy
- Integrated approach to enhanced healthcare

Strategies and approaches to hydration

- Offer drinks
- Offer more drinks
- Support and encourage drinking



Drink competent care home workforce
Teamwork across the healthcare economy



Approach/strategy to support and encourage residents to drink	Examples of the approach / strategy
Encourage drinking through social interaction	<ul style="list-style-type: none"> • Encourage family and friends to drink with residents • Sitting and having a cup of tea with residents • Verbal encouragement to drink and reminder to finish a drink
Provide prompts to drink	<ul style="list-style-type: none"> • Reminding residents to take a drink • Hydration stations provide a visual cue to drink • Water dispensers
Offer additional fluids with routine activities	<ul style="list-style-type: none"> • Provide an additional glass of water with medication • Provide juice as well as tea/coffee during meals
Adapted/modified/larger drinking vessels	<ul style="list-style-type: none"> • Offer drinks in larger, lighter mugs to increase the volume of fluid offered • Provide drinks in sports bottles that can be attached to walking frames • Drinking vessels with strong contrasting colours • Specialised cups - Dignity 2 handled mug/ beakers with lids and spouts
Aids to support drinking	<ul style="list-style-type: none"> • Provide beverages in familiar drinking vessels • Drinking straws • Hydrant bottle
Offer beverages with activities	<ul style="list-style-type: none"> • Cake bake afternoon • Strawberry tea • Film Friday
Drinking related activities	<ul style="list-style-type: none"> • Drink tasting sessions that include unusual drinks with different flavours, textures and colours • Shandy Saturday • Mocktail Mornings
Create a 'drinking conducive environment'	<ul style="list-style-type: none"> • Non institutionalised homely dining area • Furnish a lounge as a Gentleman's Club • Refrigerator in the residents room