



FLUIDS AND DEHYDRATION

Learning Objectives:

Using knowledge about abnormal age-related cognitive changes in older adults, the students will be able to:

1. Identify factors that can cause dehydration in older nursing home residents.
2. Use standardized, evidence-based assessments for dehydration risk.
3. Implement evidence-based nursing interventions that address the prevention of dehydration.

Student Preparation:

Read Mentes, J. (2006). Oral hydration in older adults. *AJN*, 106(6), pp. 40-49.

1. Bring the Dehydration Risk Appraisal Checklist to clinical (<http://rgp.toronto.on.ca/torontobestpractice/Dehydrationriskappraisalchecklist.pdf>)
2. Review the Hydration Management Nursing Standard of Practice Protocol. (http://consultgerirn.org/topics/hydration_management/want_to_know_more)

Student Activities:

1. Observe the fluid intake of residents on the nursing unit and collect this information:
 - a. How often and when are they offered fluids?
 - b. Estimate the average fluid intake/day for residents on the nursing unit? Is that amount adequate? What factors impact the fluid intake for residents?
 - c. What strategies would you recommend to the nurse manager or director of nursing to increase the fluid intake for residents on the unit?
2. Complete a Dehydration Risk Appraisal Checklist for one resident and develop a plan to address any concerns related to the risk of dehydration.



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For additional *Quick and Easy* tips, visit:

<http://www.nursing.umn.edu/Hartford/ClinicalTeachinginNursingHomes/ClinicalTeachingResources/index.htm>