

Dementia Care: Hydration

Instructor Guide



UPDATED JUNE 22, 2011



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INSTRUCTOR GUIDE:
DEMENTIA CARE: HYDRATION

Overview	This course will address signs and symptoms of dehydration, the effects of dehydration, effective strategies to ensure proper hydration, and dementia-specific care issues.
Video(s)	"Dementia Care: Hydration" (29 minutes)
Special Supplies	None
Learning Objectives	<ol style="list-style-type: none">1. It is our job to monitor that our residents are eating and drinking2. There are steps we can take to encourage good nutrition3. We need to report to our supervisor when a resident is not eating or drinking well

QUIZ: DEMENTIA CARE: HYDRATION

Name: _____

Date: _____

1. Which of the following activities can cause loss of fluid?
 - a. Sweating
 - b. Breathing
 - c. Toileting
 - d. Sleeping
 - e. All of the above
 - f. a & c
 - g. a, b, & c

2. Dehydration is often times not recognized before it reaches a serious degree.
 - a. True
 - b. False

3. If beverages are offered less frequently throughout the day, it will encourage the resident to drink more and encourage better hydration when they are offered.
 - a. True
 - b. False

4. It is best practice to categorize all residents with dementia as "at risk" of dehydration.
 - a. True
 - b. False

5. It is important that beverages be available:
 - a. During waking hours
 - b. Throughout the day and night

6. Which of the following foods/dinks may assist in hydration?
 - a. Watermelon
 - b. Honeydew
 - c. Popsicles
 - d. Broth
 - e. Caffeinated coffee or tea
 - f. a, b, c, & d
 - g. All of the above

7. Times for offering beverages to residents should be scheduled, not just at the request of a resident?
 - a. True
 - b. False

8. It is never possible to over hydrate a resident.
 - a. True
 - b. False

9. Which of the following may encourage a resident to drink fluids?
 - a. Offering the beverage in a resident's favorite cup or glass
 - b. Just gently hand them the beverage, do not ask if they want a drink
 - c. Deliver the beverage to the resident when the resident is in a favorite place in the community
 - d. Providing beverages that the resident enjoys
 - e. All of the above

10. Many times serving a beverage in a smaller glass or cup can give the resident the sense of success when finishing the drink, instead of trying to finish a large amount of the beverage.
 - a. True
 - b. False

11. Which of the following may be symptoms of dehydration?

- a. Lethargy
- b. Headache
- c. Muscle cramps
- d. Nausea or upset stomach
- e. Dry mouth
- f. All of the above

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Certificate of Completion

THIS IS TO RECOGNIZE

FOR DEDICATION TO QUALITY RESIDENT CARE
THROUGH EDUCATION AND PROFESSIONAL DEVELOPMENT.

DEMENTIA CARE: HYDRATION

Instructor Signature

Date



Dementia Care: Hydration

Learner Workbook



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INTRODUCTION

Hydration is one of the most important parts of basic nutrition. Water assists our bodies by keeping our temperature normal, lubricating and cushioning joints, protecting spinal cord and other sensitive tissues, and it gets rid of waste through urination, perspiration, and bowel movements. It is our job to monitor that our residents are eating and drinking properly. There are various reasons why our residents may be discouraged from maintaining adequate hydration.

These reasons may include:

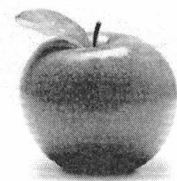
- Poor appetite due to medications taken
- Unpleasant odors in our dining room (such as incontinent odors)
- The resident does not like what is served
- We have the resident sitting at a table where tablemates are not compatible
- Not offering enough liquids

If a resident does not like what is being served, a good suggestion is to let the dining room staff know in order to offer different selections for residents to choose from.

Steps to Encourage Good Hydration

There are steps we can take to encourage good hydration. If a resident is not drinking enough water, here is what you can do to help encourage the resident:

- Let your supervisor know
- Document according to your community policy
- Keep an eye on the resident's weight. Report weight gain or loss to the physician according to your community policy

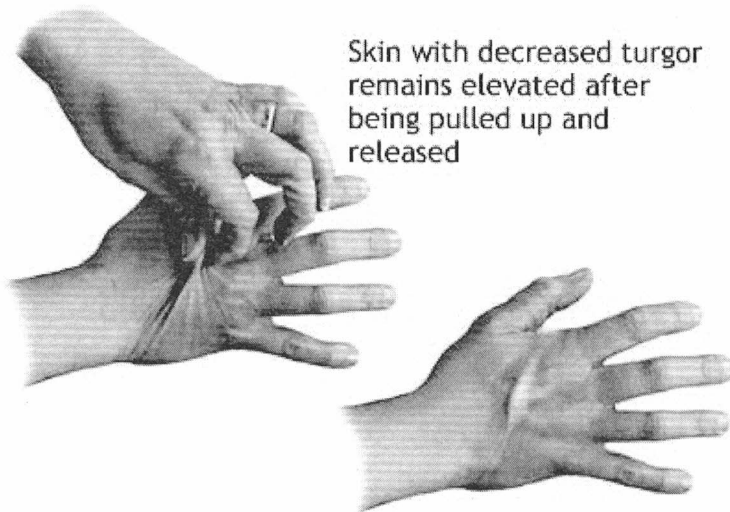


Dehydration

Getting enough water every day is necessary to stay healthy. As residents get older they are prone to become dehydrated and lose more water than they put back into their bodies. As a person gets older, he/she may have a decreased sense of thirst. There are common signs and symptoms of dehydration. As a caregiver it is important to be aware of these signs of dehydration to ensure your residents are receiving proper nutrition and hydration.

Signs may include:

- Sunken eyes
- Dry mouth
- Dry eyes
- Less active
- Less urine output
- Decreased turgor



Skin with decreased turgor remains elevated after being pulled up and released

ADAM.

It may be difficult to encourage your residents to consistently drink enough water. Not all residents like to drink water to stay hydrated. There are alternatives if the resident refuses to drink water throughout the day.

These alternatives may include:

- Juice
- Popsicles
- Melons and other fruits
- Broth
- Celery
- Non-caffeinated soda

Because caffeine pulls fluid out of the person's body, we would not recommend beverages like coffee and tea.

Speak to your supervisor if you feel a resident is not receiving enough fluid throughout the day. Always follow your community policies and your state regulations.



CHECK FOR UNDERSTANDING: DEMENTIA CARE-HYDRATION

Joe is an 83 year old resident in your assisted living community who refuses to drink water throughout the day. Because it is vital that Joe stay hydrated, an alternative to keep Joe healthy would be to offer him:

- A. Ice tea or coffee
- B. Watermelon or other fruit
- C. Broth soup
- D. Both B and C

Explain your answer:

