Best Practice Guide The Hydration Toolkit for Care Homes

Specialist Services
Secure Services
Mental Health
Community Services
Children and Families

Lancashire Care NHS
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Supporting Health and Wellbeing
Community & Specialised Services

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A Hydration Toolkit has been developed for Care Homes

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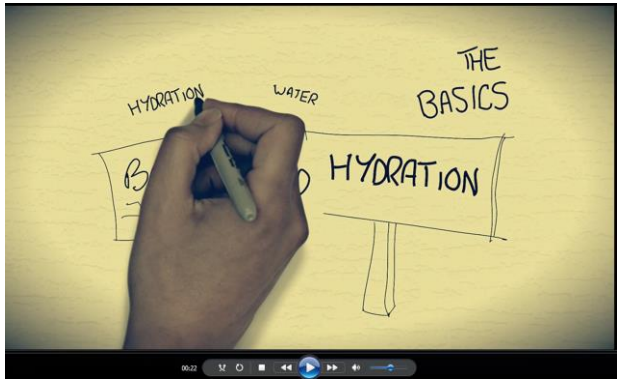
The Resources



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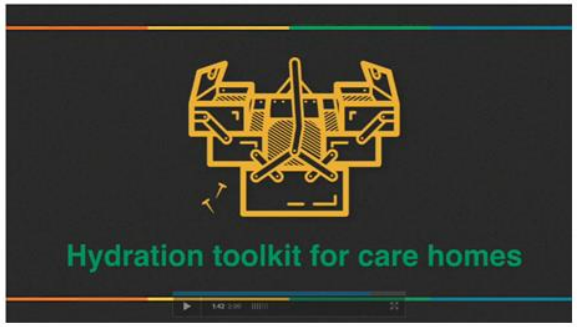
Adobe Voice Screen Shot



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The Assessment, Care Planning and Monitoring Resources

GULP DEHYDRATION RISK SCREENING TOOL

GULP	SCORE 0	SCORE 2	SCORE 3
Gauge 24 hr fluid intake please √	Intake greater than 1600mls	Unable to assess or intake between 1200 -1600 mls	Intake less than 1200 mls
Urine Colour (see chart)	Urine colour score 1 -3	Unable to assess colour	Urine colour 4 – 8
Look for signs, symptoms, risk factors for dehydration please √	No signs of dehydration	Any of the below: Repeated urinary tract infections Frequent falls Postural hypotension Dizziness/light headedness Taking water tablets Open or weeping wounds High blood sugars	Any of the below: Drowsiness Low blood pressure Weak pulse Sunken eyes Increased confusion or change in mental state Diarrhoea and or vomiting Fever
Plan Add scores together: G+U+L+P please √	Low Risk = Score 0	Medium Risk = Score 1 -3	High Risk = Score 4 -7

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Resources are available for you to use

Email hydration@lancashirecare.nhs.uk

You will be asked to complete a form and in this you will be asked to identify a Hydration Champion – this a **key role** in your care home

You will be asked if you have access to a computer – to enable you to access the resources , receive any updates and download/print future resources

What next?

After completing the form and returning it to hydration@lancashirecare.nhs.uk

You will then be provided with a password to access the resources at www.lancashirecare/hydration

You can then pick out the resources that you want to use in YOUR care home

Best Practice Points

- Show the animation to ALL New Starters in the team
- Use the Adobe voice presentations or Powerpoint presentations during induction programmes

Best Practice Points

- Use the GULP assessment tool for ALL new residents admitted into the care home
- Use the GULP also during reviews and if concerned about a residents health

Best Practice Points (cont)

- Commence the 7 day booklet if your resident is considered to be at Medium or High Risk of Dehydration
- Use the resources in the Toolkit to explore the opportunities and strategies to promote a shift from Medium/High risk to low risk (from Amber/Red into Green
- A senior nurse/carer needs to review the 7 day booklet daily and plan care for the next days
- **Discuss with a Doctor if the resident is not moving out of Medium/High Risk (Amber or Red)**

Feedback and Sharing Success

Please feel free to share any feedback that you have in relation to the Hydration Toolkit Resources

Also share your success! What works well in your Care Home in relation to Hydration?

This is an evolving Toolkit – resources will be added and adapted over time

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Email

hydration@lancashirecare.nhs.uk

And visit

www.lancashirecare.nhs.uk/hydration

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