

# IPC Bulletin for Domiciliary Care

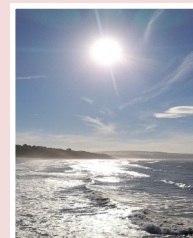
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Produced by an NHS Community Infection Prevention and Control Team based in North Yorkshire for distribution to subscribers.

## Prevent dehydration this summer

Being hydrated has many benefits for both a person's physical and mental health. As we get older, the desire to drink fluids naturally decreases making the elderly more vulnerable to dehydration, especially during hot weather. People with reduced mobility may find it more difficult to get a drink or worry about getting to the toilet in time.



### Keeping track of hydration

- The recommended fluid intake is at least 1500 ml/6-8 mugs or glasses per day, per day, unless fluid restricted.
- Identify service users who need assistance with fluid intake or getting to the toilet and highlight this in their care plan.
- Staff can use the urine colour chart to monitor how well hydrated service users are. (Some medications, supplements and foods, can affect the colour of urine).
- Monitor for signs of dehydration - dry skin/lips/mouth, headaches, new confusion or drowsiness.

### Ways to increase hydration

- Agree daily hydration targets with the service user and plan how this can be achieved. For example drink a full glass of water with morning medication, a glass of cordial at mealtimes and a mug of tea mid-morning and afternoon.
- Encourage food high in fluid, such as jelly, ice cream, ice lolly, watermelon, smoothie or custard.
- Ensure cups/sports water bottles are easy to use and agree with service user how best to make drinks available throughout the day.

### Colours 1-3 suggest normal urine

	1. Clear to pale yellow urine suggests that the service user is well hydrated.
	2. Light/transparent yellow urine suggests an ideal level of hydration.
	3. A darker yellow/pale honey coloured urine suggests that the service user may need to hydrate soon.

### Colours 4-8 suggest the service user needs to rehydrate

	4. A yellow, cloudier urine colour suggests the service user is ready for a drink.
	5. A darker yellow urine suggests the service user is starting to become dehydrated.
	6. Amber coloured urine is not healthy. The service user requires more liquid. All fluids count (except alcohol).
	7. Orange/yellow urine suggests the service user is becoming severely dehydrated.
	8. If their urine is this dark, darker than this or red or brown, it may not be due to dehydration. Seek advice from their GP.

### Resources for staff and service users on hydration can be downloaded free:

[www.infectionpreventioncontrol.co.uk/resources/preventing-dehydration-viral-gastroenteritis/](http://www.infectionpreventioncontrol.co.uk/resources/preventing-dehydration-viral-gastroenteritis/)

[www.infectionpreventioncontrol.co.uk/resources/urine-colour-guide-poster-for-care-homes-and-domiciliary-care-uti/](http://www.infectionpreventioncontrol.co.uk/resources/urine-colour-guide-poster-for-care-homes-and-domiciliary-care-uti/)

[www.infectionpreventioncontrol.co.uk/resources/guidance-on-utis-for-domiciliary-care-staff/](http://www.infectionpreventioncontrol.co.uk/resources/guidance-on-utis-for-domiciliary-care-staff/)



### What's new for Domiciliary Care staff

- **Coming soon:** An updated set of 24 IPC Policies for Domiciliary Care settings and the revised 'Preventing Infection Workbook'.
- IPC training event for Care Homes and Domiciliary Care: 30th September, 2024. A booking form can be downloaded at [www.infectionpreventioncontrol.co.uk/events/](http://www.infectionpreventioncontrol.co.uk/events/)

Visit our website to find lots of IPC resources, many of which are free to download.

[www.infectionpreventioncontrol.co.uk](http://www.infectionpreventioncontrol.co.uk)

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