

Hydration boosters:

Guidance for staff in nursing and residential homes

Resident's personalised recommended fluid intake: ____mls / day,
or aim for 6-8 cups / day

Top tips to increase fluid intake:

- Offer drinks at regular intervals throughout the day, e.g. every hour.
- Encourage fluids at every meal time.
- Ensure drinks are always within reach.
- Offer drinks at specific routine events, e.g. after washing, toileting, activities.
- Keep a fluid intake chart.
- Create a hydration station that is accessible at all times. Try decorating it to make it, to make it look more attractive.



It's not just water that counts towards every day fluid intake; glasses of milk, homemade fortified milkshakes, juice and cups of tea and coffee count too!!!

20% of all our fluid intake comes from within our food

Sweet options:

- Tinned fruit cocktail (115g) = 100mls
- Ice lolly (70g) = 70mls
- Jelly (120g) = 100mls
- 2 scoops of ice cream = 75mls
- Custard (120g) = 90mls
- Instant whip (120g) = 120mls
- Yoghurt (125g) = 95mls
- 1 slice of melon = 140mls
- Cereal with milk = 125mls

Savoury options:

- Serving of gravy = 50mls
- 1 boiled egg = 40mls
- Cauliflower cheese (90g) = 70mls
- 2 tbsp of mashed potato = 70mls
- 3 tbsp of baked beans = 90mls
- Scrambled eggs with milk (120g) = 80mls
- Small tin of soup (300g) = 265mls
- 1 tomato (85gm) = 80 ml

Think, Food First!

Berkshire Healthcare Foundation Trust Dietitians, May 2020, Review due: May 2022

*Adapted from Bedfordshire Community Health Services Hydration Boosters resource December 2019
Produced with support from Bedfordshire Community Health Services Hydration Boosters resource December 2019*

Urine colour could be another indicator that fluid intake needs to be increased:



If the urine is colour 4-8 and smelly use the tips above to ensure the resident is hydrated!

Increasing fluid levels helps:

- Reduce urinary tract infections (UTI's)
- Reduce falls
- Reduce constipation
- Improve concentration and memory



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