



WARNING SIGNS *The following are some signs that a resident may be suffering from DEHYDRATION:*

- f* Drinks less than 6 cups of liquid daily
- f* Has one or more of the following:
Dry mouth, cracked lips, sunken eyes, dark urine
- f* Needs help drinking from a cup or glass
- f* Has trouble swallowing liquids
- f* Frequent vomiting, diarrhea, or fever
- f* Is easily confused/tired

Action Steps On Back



ACTION STEPS *Below is a list of steps a Nurse Assistant can do to help a resident suffering from DEHYDRATION.*

- f* Report to the nurse & dietitian what warning signs you saw
- f* Encourage & help the resident to drink every time you see them
- f* Offer 2-4 oz. Water or liquids frequently
- f* Be sure to write down how much fluid they drink
- f* Offer sips of liquid between bites of food at meals and snacks
- f* Drink fluids with the resident, if allowed
- f* Fill the pitcher beside the bed
- f* Make sure the pitcher and cup can be lifted by resident
- f* Offer to help the resident if they cannot drink without help



ACTION STEPS *Below is a list of steps other Members of Interdisciplinary Care Team can do to help a resident suffering from DEHYDRATION.*

- f* Monitor and write in the med. record the fluid intake
- f* Incorporate increased fluid into resident's diet plan.
For example: popsicles, juice bars, gelatin, ice cream, sherbet, soup, broth, fruit/vegetable juices, lemonade, flavored water
- f* Offer a choice of liquids at meals, with snacks and during activities
- f* Assist the resident to develop an advance directive regarding artificial nutrition/hydration issues
- f* Consider oral rehydration or IV hydration treatment if Enteral intake fails to meet needs

Action Steps Continued On Back

ACTION **CONTINUED**
STEPS

- f* Consider tube feeding, if indicated, and in accordance with advance directive
- f* Assess medications and revise prescriptions that contribute to dehydration
- f* Give medications with 1 cup (240 cc) water or other liquid