

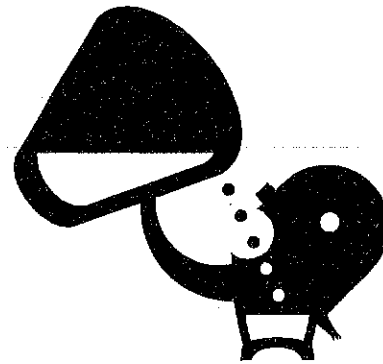
HYDRATION AND THE ELDERLY

ALL AT HOME HEALTH CARE, LLC

Home Health Aide In-Service

Hydration

- An elderly patient can become dehydrated very quickly.
- Notify the nurse/office if you suspect the patient is not taking in adequate fluids.



Factors that can Cause Dehydration

- **Inadequate fluid intake**
- **Diarrhea**
- **Excessive Urine Output**

- **Vomiting / Nausea**

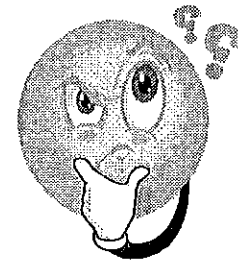
Factors that can Cause Dehydration

- **Excessive Sweating**
- **Presence of Infection or Fever**
- **Frequent Use of Laxatives, Enemas, Diuretic**
- **Swallowing Problems**



Factors that can Cause Dehydration

- **Impaired Decision-Making Ability**



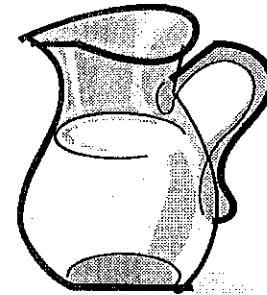
- **Comprehension / Communication Problems**
- **Body Control Problems**
- **Hand Dexterity Problem**

Signs of Dehydration

- **Thirst**
- **Decreased Urine Output**
- **Dark Urine**
- **Confusion**
- **Dry Skin and Mucous Membranes, thirst, diarrhea, lethargy, agitation, altered mental state**

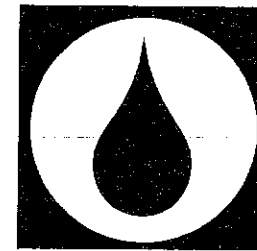
Hydration Intervention

- **Ice Pitcher filled and in reach**
- **Assistance and reminders to drink fluids**
- **Patient preference of fluids honored**
- **Alternative fluids provided**



Hydration Interventions

- **Fluids Offered Regularly**
- **Monitor Room Temperature**
- **Cup Holder on Wheelchair**
- **Cue patient to drink fluids**



ALL AT HOME HEALTH CARE, LLC

HYDRATION AND THE ELDERLY

POST TEST

Name: _____

Title: HHA

Date: _____

1. An elderly person can become dehydrated very easily.	T	F
2. Dehydration occurs when a patient does not drink enough fluids.	T	F
3. The office/nurse should be called if the patient has diarrhea.	T	F
4. Dehydration can be caused by diarrhea, vomiting, and swallowing problems.	T	F
5. The HHA does NOT have to call the office/nurse if the patient is complaining of nausea.	T	F
6. Decreased decision-making is a factor that can cause dehydration.	T	F
7. Patient communication problems can lead to dehydration.	T	F
8. Signs of dehydration include thirst, dark urine, and confusion.	T	F
9. A patient may become confused when he/she is dehydrated.	T	F
10. Hydration intervention includes forcing a patient to drink water.	T	F