



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

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

- ☞ Report to the nurse & dietitian what warning signs you saw
- ☞ Encourage & help the resident to drink every time you see them
- ☞ Offer 2-4 oz. Water or liquids frequently
- ☞ Be sure to write down how much fluid they drink
- ☞ Offer sips of liquid between bites of food at meals and snacks
- ☞ Drink fluids with the resident, if allowed
- ☞ Fill the pitcher beside the bed
- ☞ Make sure the pitcher and cup can be lifted by resident
- ☞ 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.*

- ☞ Monitor and write in the med. record the fluid intake
- ☞ 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
- ☞ Offer a choice of liquids at meals, with snacks and during activities
- ☞ Assist the resident to develop an advance directive regarding artificial nutrition/hydration issues
- ☞ Consider oral rehydration or IV hydration treatment if Enteral intake fails to meet needs

Action Steps Continued On Back

ACTION **CONTINUED**

STEPS

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