

Project Title

Hydrate for Health

Project Lead and Members

- Mylene Ascotia
- John Stephen Tanedo
- Marie Lisette Serrano
- Jade Ann Ucab
- Serene Tan

Organisation(s) Involved

Kwong Wai Shiu Hospital

Healthcare Family Group(s) Involved in this Project

Nursing

Applicable Specialty or Discipline

Community Health

Aim(s)

- Improve hydration awareness among staff and residents.
- Identify the most effective methods of encouraging residents in the nursing home to drink more fluids.
- Encourage optimal hydration by meeting the hydration needs of all residents.
- Reduce the incidence of dehydration effects such as skin dryness, constipation, acute confusion, infection, and fall.

Background

See poster appended/ below

Methods

See poster appended/ below

Results

See poster appended/ below

Lessons Learnt

See poster appended/ below

Conclusion

See poster appended/ below

Additional Information

This project was featured at the Central Health Action & Learning Kampung (CHALK) Poster Showcase 2022.

Project Category

Care & Process Redesign

Clinical Practice Improvement: Plan-Do-Study-Act; Valued Based Care: Patient Reported Outcome Measures

Keywords

Dehydration, Adequate Fluid Intake, Optimal Hydration

Name and Email of Project Contact Person(s)

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"HYDRATE FOR HEALTH" A Safety Improvement Project by Ward 8 Towner

Team Leader

Mylene Ascotia

Team Members

John Stephen Tanedo | Marie Lisette Serrano | Jade Ann Ucab

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Overview

Introduction

Water is one of the most essential nutrients and is vital in every stage of life because it has various roles in the human body. However, with aging, the body's processes of water balance are disturbed thus, heightening the risk of dehydration among the elderly. Simply put, a lack of adequate fluid intake leads to dehydration which can have a serious impact on the health and well-being resulting in functional and long-term health problems particularly in older people. Yet, hydration continues to be overlooked, often due to the misconception that it is considered as a part of overall nutritional care.

Objectives

- Improve hydration awareness among staff and residents.
- Identify the most effective methods of encouraging residents in the nursing home to drink more fluids.
- Encourage optimal hydration by meeting the hydration needs of all residents.
- Reduce the incidence of dehydration effects such as skin dryness, constipation, acute confusion, infection, and fall.

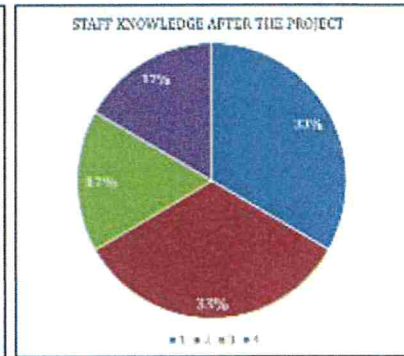
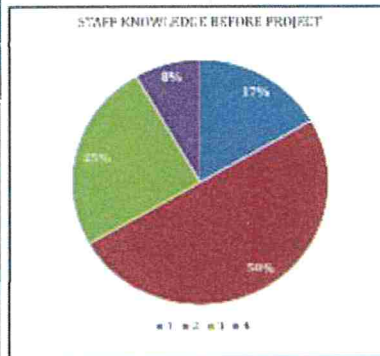
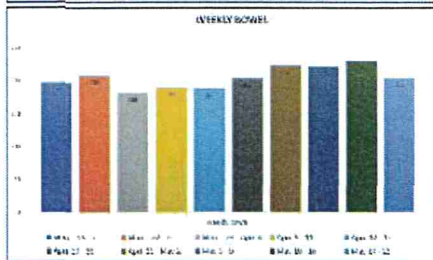
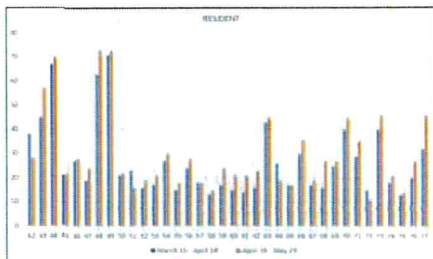
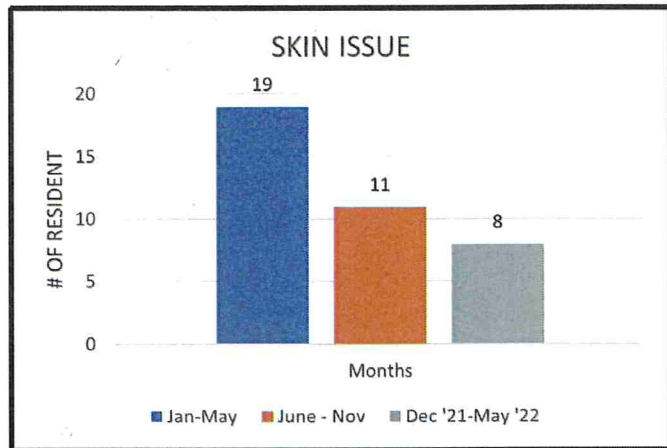
Approach

1. Screening
2. Raising Awareness
3. Workforce Training
4. Good Practice
5. Monitoring

3. OUTCOME

The P-D-C-A Cycle

- Increased fluid consumption among residents.
- Improved skin conditions.
- Reduced constipation rates.
- Lessened use of laxatives.
- Enhanced hydration awareness.
- Raised resident satisfaction.



Lessons Learnt

- More research is required to understand the 'Cost' impact of hydration issues across nursing home.
- The elderly must be assisted to better understand the importance of good hydration.
- Hydration policies should be imperative with practices in place and to monitor/evaluate these to ensure they are being carried out effectively.
- Training must be made available to facilitate all staff at all levels of health care to understand good hydration practices and meet the requirements thereof.
- Opportunities to spread good practice are necessary to ensure successful interventions can be shared and developed in other areas.
- Teamwork is crucial in attaining the expected outcomes of a project.