

## **Project Title**

Hydrate for Health

## **Project Lead and Members**

Project Lead: Ascotia Mylene Patacsil

Project Members: Tan Shi Ling Serene, Tanedo John Stephen Cunanan, Serrano Marie

Lisette Vinzon, Ucab Jade Ann Krystil Sacupayo, Thaw Tar Win

## **Organisation(s) Involved**

Kwong Wai Shiu Hospital

## **Healthcare Family Group(s) Involved in this Project**

Allied Health, Ancillary Care, Nursing

## **Applicable Specialty or Discipline**

Nutrition & Dietetics

## **Project Period**

Start date: Jan 2021

Completed date: May 2022

## **Aims**

- To improve hydration awareness among staff and residents.
- To identify the most effective methods of encouraging residents in the nursing home to drink more fluids.
- To encourage optimal hydration by meeting the hydration needs of all residents.
- To 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

- More research is required to understand the 'cost' impact of hydration issues across the 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
- Teamwork is crucial in attaining the expected outcomes of a project. Without it, a project is bound to fail
- Support from other members of the health team specifically, the management, is needed to keep a project going. A project requires readily available resources in order to succeed. We faced financial constraint during the process
- Good leadership and good communication are intertwined. Both are important in achieving goals
- A good leader communicates clearly the goals, objectives and future plans. This helps the team to be motivated and inspired to be more innovative and productive in their respective roles

## Conclusion

See poster appended/ below

### **Additional Information**

The project has been integrated into Ward 8 Towner's operational workflow for 1 year and 2 months as of 1 Jun 2022.

### **Project Category**

Care Continuum, Intermediate and Long Term Care & Community Care, Nursing Home, Preventive Care, Patient Education

Care & Process Redesign, Patient Satisfaction

### **Keywords**

Hydration, Water Intake, Patient Education, Fluid Intake

### **Name and Email of Project Contact Person(s)**

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KWONG WAI SHIU HOSPITAL

廣惠肇留醫院

Since 1910

**Team Leader:**  
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**Members:**  
JOHN STEPHEN TANEDO  
MARIE LISETTE SERRANO  
JADE ANN UCAB  
THAW TAR WIN  
**Sponsor:**  
SERENE TAN

# “HYDRATE FOR HEALTH”

A Safety Improvement Project by: Ward 8 Towner

## 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.

## 1 METHOD

### The P-D-C-A Cycle

- Plan
- Do
- Check
- Act

### PLAN

- Form a team that recognizes the importance of hydration.
- Identify and address current issues related to hydration.
- Review practices in place.
- Survey staff and residents (evaluate and understand gaps in knowledge and attitudes).
- Create a timeline for the project.

### DO

- Identified and proposed attainable solutions.
- Implemented the solutions.
- Provided staff training.

### CHECK

- Gathered feedback from staff and residents.
- Monitored effectiveness.

### ACT

- Worked on feedback.
- Ventured on enhancement solutions, as necessary.

## 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.

## 2 IMPLEMENTATION

- Practiced fluid rounds in the ward at regular intervals and in different forms daily with the use of a uniform cup (60 ml medication cup).
- I/O monitoring on selected high-risk residents.
- Created a poster for a daily hydration theme.



DATE	TIME	ACTIVITY
2023-01-10	10:00-11:00	Formation of project steering committee (staff members, LIA, residents and visitors)
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