

Drop ideas into drop box or send your ideas to one of the following contacts by June 27th, 2008

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Prizes will be awarded to the top three best ideas received from the following hospitals: HHS, JBMH, St. Joseph's Healthcare or St. Peter's:

1st Prize Dinner Cruise
2nd Prize Chapters gift certificate
3rd Prize Portable water filter

Prizes to be awarded July 4th

Committee for Enhancement of
Elder Friendly Environments
CEEFE



Dehydration a Common (but preventable) Problem in Older People ...Future Solutions Now

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Regional Geriatric Program



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Elder Care and Dehydration	T	F
Older people have a lower volume of total body water/weight		
Kidney function decreases with age. By age 80 it is half what it was at age 30		
Thirst response is blunted with age. When dehydrated there remains a lack of desire to drink		
Vital signs (lying and standing pulse and BP) and lab tests are useful in assessing hydration		

Behaviours and Dehydration	T	F
Chronic dehydration in elder patients can result in delirium and changed behaviour		
Total body water loss of only 1-2% can impair cognitive and physical function		
Poor short term memory can result in forgetting to drink and needing constant reminders “sip and go”		

We lose fluid through	T	F
Urine		
Skin		
Lungs		
Stool		
Saliva		

Risk Factors for Dehydration	Hi risk	Lo risk	No risk
Adults 85 years and over			
Females			
Underweight or overweight			
Dementia, depression, chronic illnesses and repeat infections			
Communication problems			
Marital status			
Malnutrition			
Nationality			
Swallowing problems			
Fever, vomiting, diarrhea, excessive sweating, rapid breathing, dizziness			
More than 4 medications: laxatives, diuretics, antipsychotics and others...			
History of dehydration, forgets to drink, spills when drinks, requires assistance to drink			
Draining wounds or pressure ulcers			
Voiding small amounts of concentrated urine			
Educational level			
Increased pulse rate >100			
Falling, immobility, restraints			
Change in ability to do ADL's			
Isolation, decreased attention from caregivers			
Living alone			
Hot weather			
Prolonged NPO (surgery)			

To Win a Prize, Write Your Best “Innovative Strategy” To Prevent Dehydration Below

Your idea will be judged on the following criteria: creativity, practicality and cost effectiveness while having the outcome of improving the health and well being of our hospitalized elders.

A great elder friendly idea is a creative and realistic idea within existing budgets.

Staple more paper to entry if necessary

Your discipline:

- Nursing
- Administrator
- Allied Health
- Support staff
- Physician
- Students

Name _____

Phone number/extension _____

Hospital Site _____