



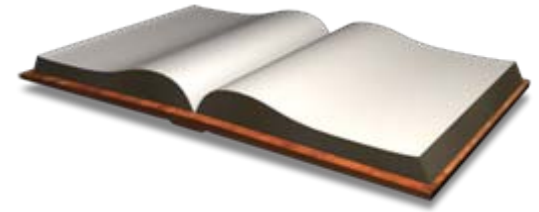
Dehydration

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Purpose

- The purpose of this presentation is to:
 - Explain dehydration and it's causes, symptoms and risks.
 - List ways to prevent dehydration and encourage drinking of fluids/water.
 - Describe a scenario where a participant may be dehydrated and what to do in that situation.





Definition

- Dehydration occurs when your body does not have as much water and fluids as it needs. Dehydration is classified as mild, moderate, or severe based on how much of the body's fluid is lost or not replenished. *When severe, dehydration is a life-threatening emergency.* The elderly and those with chronic illnesses are at higher risk.

<http://www.nlm.nih.gov/medlineplus/ency/article/000982.htm>

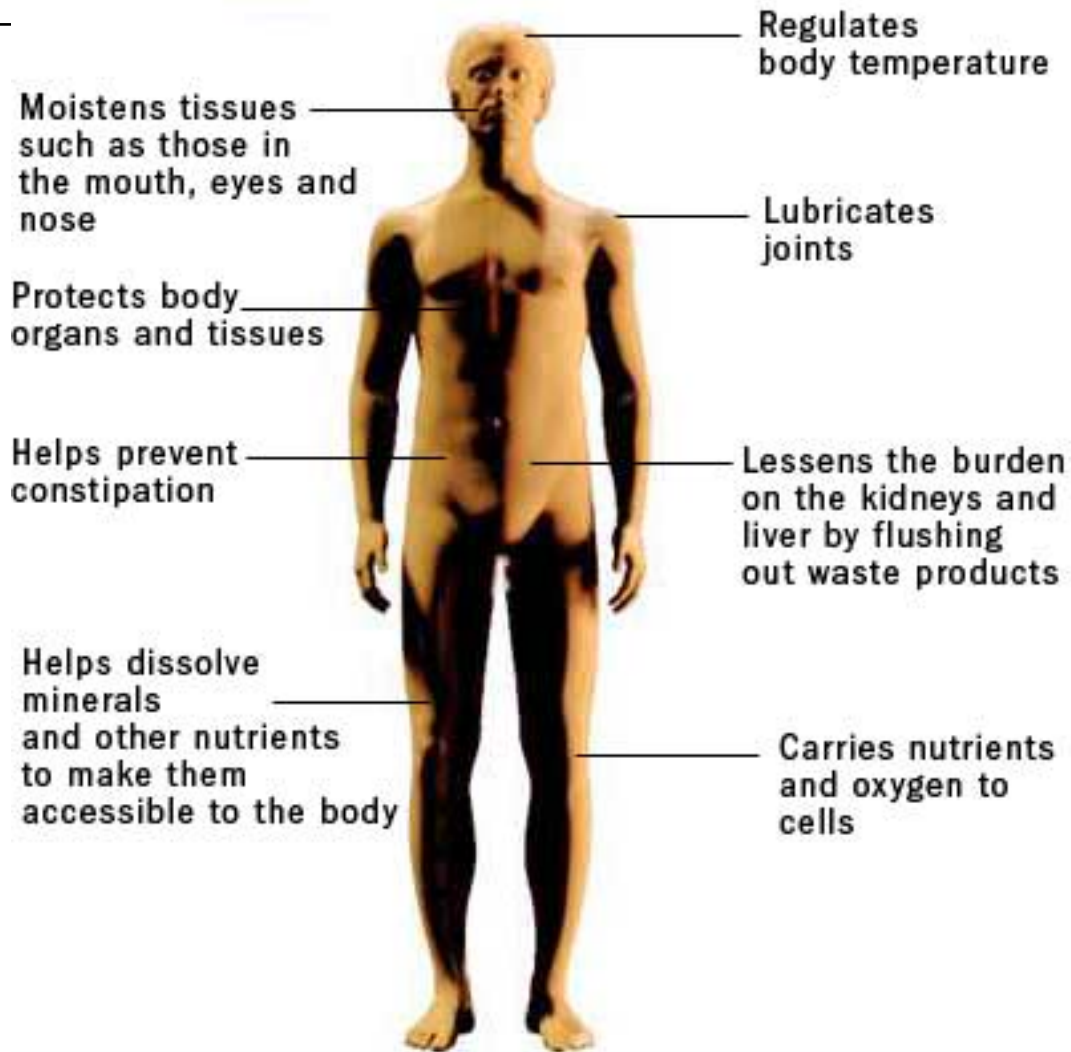




Adequate Hydration

- Having enough water in your body is necessary for:
 - Normal body functioning
 - Use and breakdown of medications
 - Helping the body use nutrients from foods
 - Prevention of infection and illness
 - Washing away toxins or waste products from the body

Functions of Water in the Body





Causes of Dehydration

- Not drinking enough water– Reasons for not drinking enough water include: sore throat, mouth sores, difficulty swallowing, and/or a decreased thirst sensation (especially in older adults)
- Illness – nausea/vomiting, diarrhea, fever, pain
- Overheated indoor air
- Mobility – inability to get water
- Excessive urine output - uncontrolled diabetes, diuretic/water pill use
- Medications – laxatives, sedatives/sleeping pills/anxiety medications
- Doctor's orders to decrease water intake because of a medical/health condition
- Excessive exercise

Mild to Moderate Dehydration: Signs and Symptoms

- Dry, sticky mouth
- Sleepiness or tiredness
- Thirst
- Decreased urine output
- Few or no tears when crying
- Muscle weakness
- Headache
- Dizziness or lightheadedness
- Constipation

Signs and Symptoms of Severe dehydration (a medical emergency)

- Extreme thirst
- Irritability and confusion
- Very dry mouth, skin and mucous membranes
- Lack of sweating
- Little or no urination — any urine that is produced will be dark yellow or amber
- Sunken eyes
- Shriveled and dry skin that lacks elasticity and doesn't "bounce back" when pinched into a fold
- Low blood pressure
- Rapid heartbeat
- Fever
- In the most serious cases, delirium or unconsciousness

Dehydration: Health Risks

When to see a doctor

- If you're a healthy adult, you can usually treat mild to moderate dehydration by drinking more fluids.
- Get immediate medical care if you develop severe signs and symptoms such as extreme thirst, no urination for eight hours, shriveled skin, dizziness and confusion.

Treat children and older adults with greater caution. Call a doctor right away if someone in your care:

- Develops severe diarrhea, with or without vomiting or fever
- Has had episodes of vomiting for more than eight hours
- Has had moderate diarrhea for three days or more
- Can't keep down fluids
- Is irritable or disoriented and much sleepier or less active than usual
- Has any of the signs or symptoms of mild or moderate dehydration

Tips for Preventing Dehydration



- Encourage drinking fluid that tastes good – juices, weak teas
- Avoid caffeine, sugary or alcoholic beverages
- Drink an 8 oz. glass of water hourly
- Remove environmental obstacles to obtaining fluid (i.e., Can participant get to sink/refrigerator? Can participant get glass/cup?)

How much water do you need?

○ **Replacement approach.**

- The average adult loses 1.5 liters of fluid through their urine each day.
- Fluids are also lost through breathing, sweating and bowel movements.
- In general, if you consume 2 liters of water or other beverages a day (a little more than 8 cups) along with your normal diet, you will typically replace the lost fluids.

○ **Eight 8-ounce glasses of water a day.**

- Another approach to water intake is the "8 x 8 rule" — drink eight 8-ounce glasses of water a day (about 1.9 liters).
- The rule could also be stated, "drink eight 8-ounce glasses of fluid a day," as all fluids count toward the daily total.

○ **Dietary recommendations.**

- The Institute of Medicine advises that men consume roughly 3 liters (about 13 cups) of total beverages a day and women consume 2.2 liters (about 9 cups) of total beverages a day.

Source: <http://www.mayoclinic.com/health/water/nu00283>



Dehydration Case Study

- Joe: A 72 year old male who has been successfully transitioned to an apartment
- Medical History: hypertension, high cholesterol, enlarged prostate, chest pain, heartburn, and arthritis.
- His medication list includes:
Lisinopril/HCTZ, simvastatin, Hytrin, Prilosec, nitro patch, and glucosamine.



Is Joe Dehydrated?

- The TC makes a scheduled visit to Joe. Upon arrival she finds that he is not feeling well.
 - He has been constipated for several days.
 - Today he notes that his vision is blurry.
 - Joe also reports his mouth is very dry and he feels hotter than usual
- Upon further questioning, the TC learns that Joe has been experiencing an increase in night-time urination so he has stopped drinking any fluids after dinner.
- Joe is now getting up just once a night but now his urine smells funny.

Case Study – Questions to Ask

Joe is dehydrated:

1. What are the signs and symptoms Joe is reporting that indicate he is dehydrated?
2. What caused Joe to stop drinking water?
3. What should the TC suggest to help Joe increase the amount of fluid/water he is drinking?
4. What is the next step in Joe's care?



What are the signs and symptoms that indicate Joe could be dehydrated?

- Constipation
- Blurred vision
- Odd-smelling urine
- Decrease of fluid intake
- Dry mouth
- Increase body temperature



What caused Joe to stop drinking water?

- Joe's sleep was being interrupted by frequent trips to the bathroom at night, so he stopped drinking after dinner (5pm).
- Is it possible that Joe has over-active bladder? Has he been treated for this in the past or spoken to his primary doctor or urologist about this?
- Also, Joe's medical history includes enlarged prostate. Might this be an underlying cause and has it been treated?



What should the TC or caregiver suggest to help Joe increase the amount of fluid/water he is drinking?

****Before establishing a goal for increasing a participant's fluid intake, be sure that they do not have a fluid restriction due to Congestive Heart Failure or other health condition.****

- To be certain that Joe is drinking the recommended amount of fluid each day, suggest he keep a 2 liter container filled with water or weak tea in the fridge.
- Each day Joe can see how much he is drinking and adjust his fluid intake so that he drinks more every hour before dinner.

What should be the next step in Joe's care?

- Joe should have a visit with his doctor or with a home health nurse to address the issue of dehydration and proper daily fluid intake.
- Joe may also want to discuss the frequent night-time urination, as this can be a sign of other problems.
- Assist Joe with following up on these tasks and monitor for completion.

Comprehension Questions



- Name three common causes of dehydration.
- Name three signs of moderate dehydration.
- How do you know if a person has severe dehydration and what action should be taken?
- What key tips can you provide to help someone prevent moderate dehydration?

Answers

- **Causes of dehydration** include Not drinking enough water, Illness, Overheated indoor air, Mobility, Excessive urine output, some Medications, fluid restriction, Excessive exercise
- **3 signs of moderate dehydration** are Dry, sticky mouth, Sleepiness or tiredness, Thirst among others
- **3 signs of severe hydration** are Extreme thirst, Irritability and confusion, Very dry mouth, skin and mucous membranes among others.
 - Severe dehydration is a medical emergency and the participant should seek medical attention immediately.
- **Prevention tips**: set daily goals to drink more liquids (if not on fluid restriction), avoid caffeine, improve access to fluid/water in the home

References

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