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V6, 14/10/2024

**Hydration Needs Analysis (Part 2)  
Observation**

At this stage you will need to observe 3 residents during a peak time of ‘hydration’ in the home. We suggest you choose 3 residents, one of whom seems very frail, one much less frail, and one who is intermediate. Try to be in the care home before and during breakfast and through the morning, watching breakfast, lunch, a drink round, a drugs round and what happens when visitors arrive. If any of these are not observed for any reason, discuss the questions directly with the residents if possible (not staff team). Once completed, follow the instructions at the bottom of the second page and consider moving onto the **Hydration Action Plan.**

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| --- | --- | --- |
| 1 | Watch a medicine round without explaining why to staff. When medicines are given with fluid, how much fluid (water, squash, fruit juice, milk etc) is provided? Assess for 3 residents.   * None * A sip * A shot-glass/ 25ml as in measuring pot * Less than half a glass * Half a normal glass * A full glass * Varies depending on staff on duty | **Action if** any residents get “less than half a glass” or less  Action: ensure all residents get at least half a glass (150ml) of fluid with medication at every round |
| 2 | How many residents are usually offered hot drinks before breakfast (perhaps during or before personal care)?   * None * Some * Most * All * Depends on which staff are on duty | **Action if** any residents are not always offered a hot drink before breakfast  Action: every resident will be offered a hot drink during or before personal care, and before breakfast. |
| 3 | How many cups/glasses of drink are offered to each resident during breakfast?  **Resident 1:** None 1 2 3 4 or more  **Resident 2:** None 1 2 3 4 or more  **Resident 3:** None 1 2 3 4 or more | Count extra fluids (such as milk on cereal plus a yogurt) as a single additional drink.  Example: 2 cups of coffee (2 drinks), a fruit juice (1 drink), milk on cereal and a yogurt (milk & yogurt =1 drink) would count as 4 drinks.  **Action if** average is less than 3  Action: Ensure every resident is offered at least 3 drinks during breakfast |
| 4 | How many cups/glasses of drink are offered to each resident during the morning (between breakfast and lunch):  **Resident 1:** None 1 2 3 4 or more  **Resident 2:** None 1 2 3 4 or more  **Resident 3:** None 1 2 3 4 or more | If 2 residents are offered 2 drinks and one resident is offered 1 drink then the answer is less than 2.  **Action if** average is less than 2  Action: Ensure every resident is offered at least 2 drinks between breakfast and lunch (perhaps via 2 drinks rounds) |
| 5 | When visitors are present are they offered drinks alongside the residents?   * yes, always * yes, sometimes * no, but offered drinks separately * no, but they can make their own drinks * never * depends which staff are on duty * other, state what: | **Action if** not “yes always”  Action: ensure that when a residents visitors arrive that the resident and visitors are all offered and brought drinks |
| 6 | Is there drinking water in every bedroom, accessible to residents overnight?   * yes, always * yes, when the resident asks for it * not usually | **Action if** not “yes always”  Action: ensure that there is fresh drinking water in every bedroom within reach of the resident every evening before bed |
| 7 | How often do care staff talk with each residents (or a member of their close family where the resident does not have capacity) about what helps them to drink well (including discussing preferred drinks, preferred mugs and cups, drinking support & equipment needed, continence support)?  Frequency with groups of residents in the last year: \_\_\_\_\_\_  Frequency with individual residents in the last year: \_\_\_\_\_\_ | **Action if** this is not at least 3 monthly (each season)  Action: a member of staff is delegated to discuss drinking and continence support, including favourite drinks, every season. Discussions should be with the resident, and alongside their close family where possible. The plans need to be accessible and up to date. |
| 8 | Are residents supported and encouraged to sit and chat over a cup of tea or coffee after meals?   * yes, always * yes, sometimes * no * other, state when: | **Action if** not “yes always” for all residents  Action: residents are actively supported to sit and chat together after all meals, and offered cups of tea or coffee to support interaction. |
| 9 | How do staff support residents to maintain their continence during the day   * proactive trips to the toilet * discussions & individual plans for each resident * limiting drinking * other, please state what: | **Action if** not individual continence plans for all residents  Action: work with a continence advisor to develop (and keep updated) proactive continence plans for every resident |

Once you have completed the form for the care home

1. Circle all the relevant “Action if” statements in the right-hand column.
2. Set up a meeting with managers or senior care staff with authority to agree the Homes Hydration Action Plan
3. Together choose 3-4 Actions (where the Action if statement is circled) that will make up the home’s Hydration Action Plan – type this up and give a copy to the home (ideally frame it and put it up in a prominent place in the home)
4. Following a 1-hour hydration training session take 30 minutes to work with care, catering, management and domestic staff to decide what action each group of staff will take to support each Action in the Action Plan.

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