

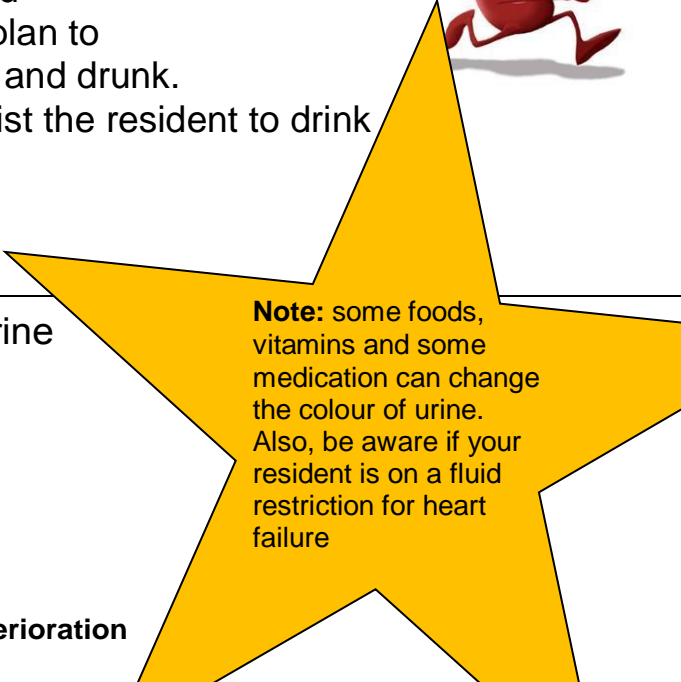


Let's Talk Hydration Levels

How hydrated is your resident?

1	Hydrated	<p>If the colour of your resident's urine matches 1, 2 or 3, it can be used as an indication that they are hydrated.</p>	 <p>Healthy pee is 1 -3; 4-8 you must hydrate!</p>
2			
3			
4	Dehydrated	<p>If the colour of your resident's urine matches 4, 5 or 6, they need to drink more. Update their care plan to ensure regular drinks are offered and drunk. Allocate a member of staff to assist the resident to drink for the next 24/48 hours.</p>	
5			
6			
7	Severely Dehydrated	<p>If the colour of your resident's urine matches 7 or 8 – it may be an indication that your resident is dehydrated.</p> <ul style="list-style-type: none"> • Urgent fluids • Commence fluid chart • Hourly fluids • Observe for other signs of deterioration 	 <p>Note: some foods, vitamins and some medication can change the colour of urine. Also, be aware if your resident is on a fluid restriction for heart failure</p>
8			