



KWONG WAI SHIU HOSPITAL

廣惠肇留醫院

Since 1910

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# “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
2022-01-10	08:00-09:00	Orientation of project meeting, needs (staff, residents, LAs, contractors and visitors)
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