

Infection Prevention Team Newsletter

June 2026

Keeping Residents Well Hydrated

National Hydration Day: Stay Refreshed and Healthy on a Sizzling Summer Day - June 23rd, 2026

Why Hydration Is So Important

Older adults are at a higher risk of dehydration due to:

- reduced thirst sensation
- mobility or cognitive difficulties
- certain medications (e.g. diuretics, laxatives)
- swallowing difficulties

Even mild dehydration can lead to:

- confusion or delirium
- increased falls
- urinary tract infections (UTIs)
- constipation
- pressure ulcers
- hospital admission

Good hydration = better health, fewer complication, improved wellbeing!

Signs of dehydration

- dark, strong-smelling urine
- passing urine less frequently
- dry mouth, lips, or skin
- headaches or dizziness
- increased confusion or agitation
- sunken eyes or tiredness
- constipation

Always escalate concerns early and record in care notes.

How Much Should Residents Drink?

Most adults need around 6–8 cups (about 1.5–2 litres) per day, unless otherwise advised clinically.

Remember:

- needs may increase during hot weather, illness, or infection
- some residents may have fluid restrictions (always check care plans)

Provide choice

- water, squash, tea, coffee
- milk, milkshakes
- fruit juice
- soups and broths

Enhance appeal

- use colourful cups
- offer preferred drinks
- serve at the right temperature
- use adapted cups if needed

Making hydration easier and enjoyable

Offer drinks regularly

- at least every one to two hours
- include drinks at all care interactions

Food counts too

Fluid isn't just drinks. Offer foods high in water content:

- jelly
- ice cream and/or ice lollies
- yogurt
- custard
- fresh fruits (melon, oranges, strawberries)
- vegetables (cucumber, tomatoes)

Supporting residents with additional needs

Dementia

- offer small, frequent drinks
- use clear or brightly coloured cups
- provide prompts and encouragement

Dysphagia (swallowing difficulties)

- follow IDDSI guidelines
- ensure correct thickened fluids
- check care plans before offering drinks

Hot Weather

During warmer months:

- increase drink rounds
- offer cool drinks and ice options
- avoid dehydration triggers (excess heat, missed drinks)
- monitor vulnerable residents more closely

Good practice for staff

- record fluid intake accurately
- escalate low intake promptly
- ensure hydration care plans are up to date
- encourage independence where possible
- work as a team – hydration is everyone's responsibility

Hydration champion tip

Set up a hydration station or trolley to prompt regular offering during the day.

Keeping residents hydrated is one of the simplest and most effective ways to prevent illness and promote dignity, comfort and quality of life.

[Water, drinks and hydration \(NHS.UK\)](#)

Just a little reminder of our free on-line coming up soon

Diabetes - the foundations for disease management

24 June 2026, 2pm to 3:30pm

Presented by Victoria Broadley from 'Agamatrix'

Join: [Diabetes webinar on teams](#)

Pressure Area Prevention and Skin Assessment

23 July 2026, 2pm to 3pm

Presented by Scarlet Darling from 'Smith & Nephew'

Join: <https://teams.microsoft.com/meet/262485923643556?p=mAuSZ22cMLkqy3lqZI>

We are always here to help- email us at IPC@westmorlandandfurness.gov.uk

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