

CLINICAL LEAD AND TRAINING DIRECTORS' NEWSLETTER
November 2023- Theme; Hydration



What hydrate does to you?

Drinking enough water each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood.

You should drink plenty of fluids such as water, diluted squash and fruit juice to stay hydrated. The key is to drink regularly throughout the day (at least 6-8 mugs). If you're active, or if the weather is particularly hot, there's a greater risk that you will become dehydrated.

Eatwell Guide recommends that people should aim to drink 6 to 8 cups or glasses of fluid a day. Water, lower-fat milk and sugar-free drinks, including tea and coffee, all count.

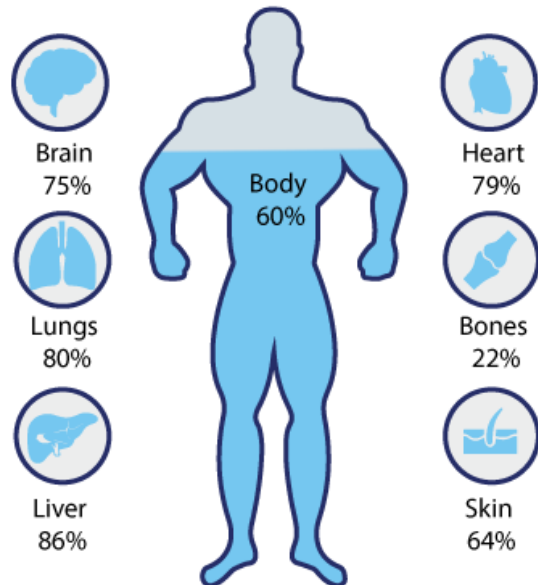
Water. As you can imagine, water is one of the best drinks to fight dehydration. Drinking water throughout your workout helps replace the water you're losing by sweating. It's also key to drink when you're not feeling well



You can avoid sleep dehydration by drinking plenty of fluids throughout the day, eating foods with a high-water content, and keeping your bedroom cool to minimize sweating while you sleep.

Water is essential for life, and keeping our body hydrated is necessary for many of our important bodily functions to take place. As well as promoting good health, keeping hydrated also prevents the development of urinary tract infections (UTIs), kidney stones and constipation.

Water & Hydration



SOMA TECHNOLOGY, INC.
New, Demo & Refurbished Medical Equipment

What happens if you only drink tea and no water?

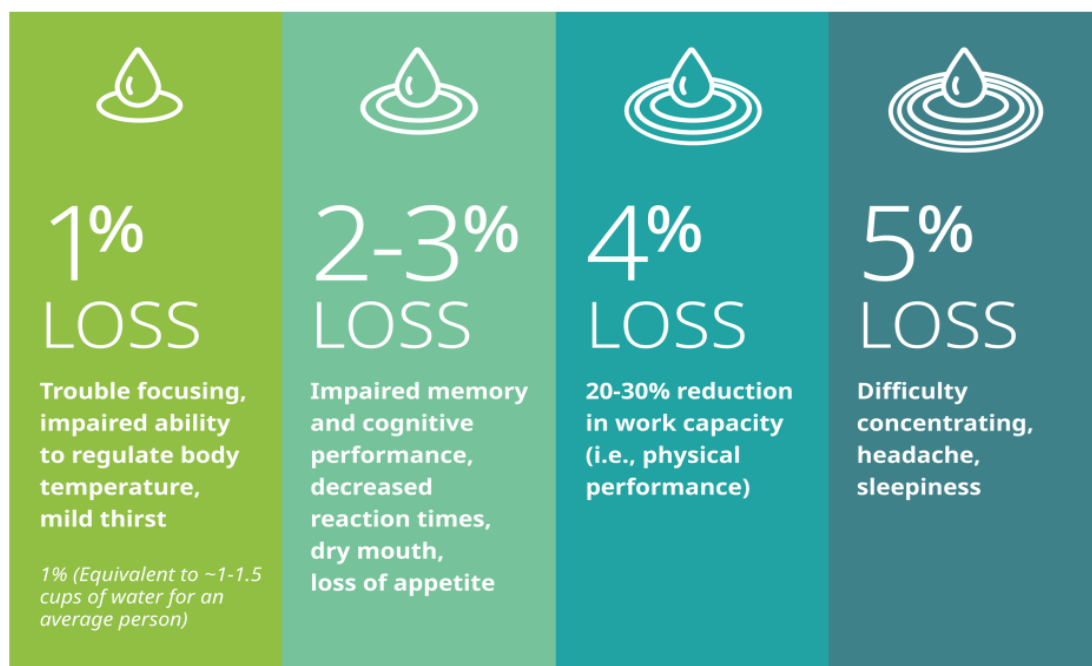
Compared with the same volume of water, the diuretic effect of tea is 1.55 times higher, so drinking more tea will cause more water to be excreted from human body. Therefore, we should not think that the essence of tea is water. It is a wrong concept and behavior of only drinking tea but no water.

Water serves a number of essential purposes that keep our bodies going, including:

1. On a cell by cell level, water acts as the first building material when a cell is created.
2. It is involved in thermoregulation, maintaining our bodies temperature through sweat production and respiration.
3. It is in the synovial fluid that lubricates our joints.
4. It assists in flushing toxins and wastes out of our body through urination.
5. It makes up saliva, a liquid involved in the moistening and break down of the foods we consume.
6. It acts as a shock absorber for the brain, spinal cord and foetus.
7. The plasma in our blood is 92% water, so is therefore essential in maintaining blood volume and also in ensuring effective transportation of oxygen and nutrients to the tissues that need it

Dehydration Levels

Fluid loss as % of body weight



It's important to remember that there are a number of factors that influence our bodies hydration levels, including:

Age – The elderly population are more vulnerable to dehydration due to the physiological changes that happen as a part of the ageing process. This includes a reduction in the sensation of thirst and renal function. It is therefore important to ensure older adults are drinking regularly, even if the feeling of thirst isn't present.

Exercise – We lose a lot of water through sweat production when we exercise, so it is important that we replaced this during and after exercise, resulting in an increased daily consumption above the normal 6–8 glasses.

Alcohol – Consuming alcohol causes our body to pass more urine than normal which can lead to dehydration. It is therefore important to limit alcohol consumption to on or below the government guidelines of 14 units per week, with several drink free days. Also when consuming alcohol, ensure you are making a conscious effort to drink water too to maintain hydration.


Illness – If you have experienced any vomiting or diarrhoea, this can lead to dehydration due to loss of fluids.



The signs and symptoms of dehydration:
The signs of dehydration are visible in the colour of our urine. Dark and strong-smelling urine is a clear sign of dehydration and can be used as a good indicator that we need to drink more.

Signs You May Be Dehydrated:

- Thirst
- Fatigue
- Dry mouth or tongue
- Dry skin
- Headache
- Decreased urine output or darker yellow urine



How to spot the signs of dehydration

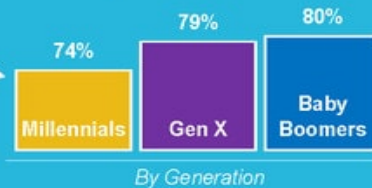
 Dry mouth, lips and eyes	 Feeling dizzy	 Urine has a dark colour or is strong smelling
 Confusion	 Feeling tired	
 Rapid heart rate	 Urinating infrequently, and less than 4 times a day	 Headaches

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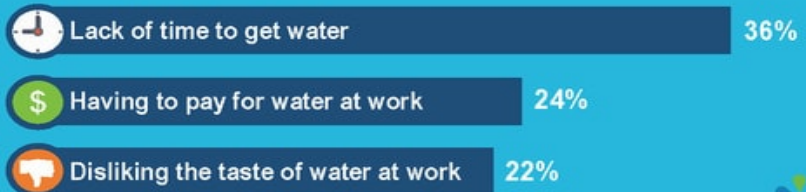
WHY IT PAYS TO KEEP EMPLOYEES HYDRATED



MORE THAN 3 IN 4 WORKERS don't drink enough water daily at work.



BARRIERS to proper **HYDRATION AT WORK** include:



Experts say even **MILD DEHYDRATION** can negatively impact us at work.



But, research¹ shows **DRINKING WATER** can improve our:



TIPS FOR EMPLOYERS



Review floor plans to ensure easy access to water sources.



Provide fresh, free, filtered, great-tasting water that doesn't run out.



Create engaging campaigns that encourage hydration, productivity, and health.

Source: Quench Survey of 1,000+ American Workers, Spring 2018
¹ The Journal of Nutrition, Volume 142, Issue 2, 1 February 2012, Pages 382-388, <https://doi.org/10.3945/jn.111.142000>
quenchwater.com/employeehydration

Top tips for keeping yourself hydrated:



Add flavour – Dilute water with cordial – be aware of the sugar content in some cordials though as this will increase the calories within the drink. Look to buy low sugar cordials or add fruit to your drinks for natural flavouring.



Drink teas – If you enjoy hot drinks, you can aim to hydrate yourself by drinking normal, flavoured or fruit teas. The non-caffeinated options of these are particularly suited to the evening, as it ensures the tea won't affect the quality of your sleep.



Always carry a water bottle with you – Invest in a reusable water bottle and always have it with you – at work, in the car, on a walk etc. The presence of the bottle will be a useful reminder to keep drinking throughout the day and allows you constant access to fluids as you go about your normal daily routine.



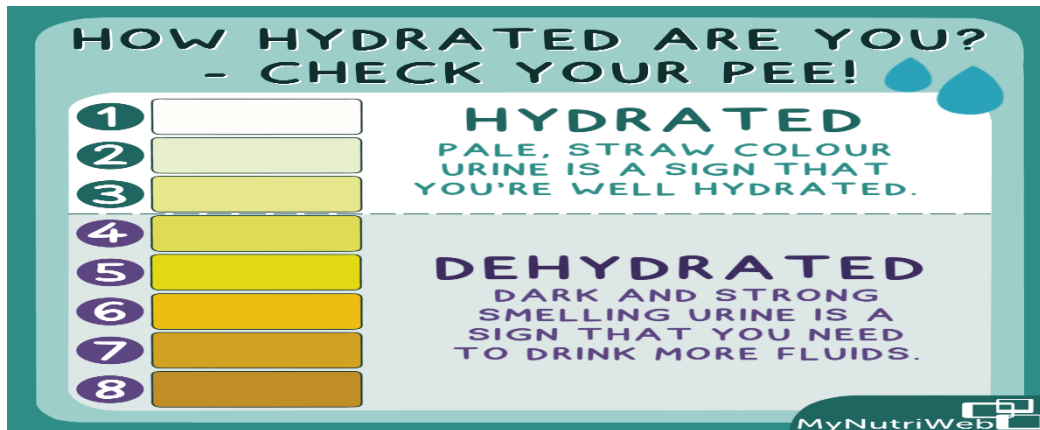
Download a water reminder app – There are several apps that exist for smart phones that you can use to set up reminder notifications that urge you to drink at regular intervals throughout the day.



Use your mealtimes as a reminder to drink – If you create the habit of having a glass of water before a meal and another as you eat, this will allow you to keep on top of your hydration levels. Drinking a glass of water before a meal also allows us to feel full more quickly, preventing overeating.



Eat your water – During the winter months you could make fresh soups or broths as these are high in water content, avoiding those that are cream based. In the summer months ice lollies and low sugar jellies are a great source of water too. Many of the fruits and vegetables we eat also have a high-water content, for example cucumber, celery, tomatoes and melon.



Quick facts on hydration

1. Water makes up over half our bodyweight and fluids are essential for good health.
2. If we are dehydrated this can make us feel tired, cause headaches and make it difficult to concentrate.
3. The body loses water throughout the day, through our skin, when we breathe and when we go to the toilet and so it is important to drink regularly.
4. We need about 6-8 cups or glasses of fluid a day – more if it is hot or if we are physically active.
5. All non-alcoholic drinks, including tea and coffee, can hydrate us.
6. Plain water is a good choice as it provides us with fluid without any sugar or acids that can harm teeth.
7. Drinks like milk, fruit or vegetable juices and smoothies also provide some vitamins and minerals. It is recommended that we keep juices or smoothies to one small glass (150ml) a day. This is because the natural sugars in fruit and vegetables are released when they are juiced or pureed, so they are counted as 'free sugars' - the type we should limit in the diet.
8. It is best to limit sugary drinks like sugary fizzy drinks and swap these for water (or sugar-free versions).
9. Younger children need plenty of fluid and may not be able to or remember to ask for drinks and it is good to encourage them to drink regularly.
10. Older adults who are not in good health or have mobility issues, as well as other vulnerable adults, may be more at risk of dehydration and so need to be supported to drink regularly.

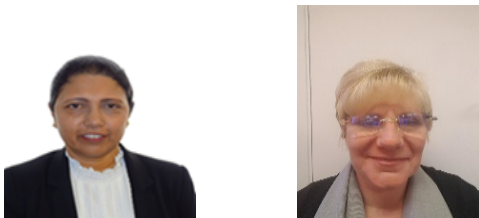


ASSOCIATED DOCUMENTS (MOBIZIO):

- ✓ SU – Eating and Drinking Care plan
- ✓ SU- Dehydration indicator Risk Assessment
- ✓ SU – Risk assessment Eating and Drinking
- ✓ SU- Oral health Assessment
- ✓ SU- MCA1 form
- ✓ SU-Evaluation

ASSOCIATED AUDITS (ACCESS CARE COMPLIANCE):

- ✓ Provider Quality Audit
- ✓ Care plan Audit



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Clinical Lead & Training Directors