

Preventing Dehydration

1.

Who is at risk?



Common Causes

- + Diarrhea
- + Excessive Urination
- + Fever or Excessive Sweating
- + Vomiting
- + Decreased Fluid Intake

2.

What should you look for?



Common Symptoms

- + Dry Mouth
- + Sleepiness
- + Dry Skin
- + Decreased Urine Output
- + Headache
- + Constipation
- + Dizziness
- + Dark Urine

3.

How do you prevent it?



Prevention Strategies

- + Assist resident with eating and drinking
- + Encourage residents to eat fruits and vegetables
- + Have fluids readily available for resident to access
- + Maintain swallowing precautions and meet any issues
- + Monitor and address intake and output