

Preventing Dehydration

Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. You become dehydrated when you don't replace the fluids that have been lost.

Common Causes

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

Prevention Strategies

Monitor and address intake and output

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

Complications

Urinary and Kidney Problems

Urinary Tract Infections
Kidney Stones
Kidney Failure

Hypovolemic Shock

Low blood pressure
Decrease oxygenation

Seizures

K+/NA+ Imbalance
Involuntary Muscle Contractions
Loss of Consciousness

