

## **Let's Talk Hydration Levels**

How hydrated is your resident?

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2	Hydrated	If the colour of your resident's urine matches 1, 2 or 3, it can be used as an indication that they are hydrated.  Healthy pee is 1-3; 4-8 you must hydrate!
3		
5	Dehydrated	If the colour of your resident's urine matches 4, 5 or 6, they need to drink more. Update their care plan to ensure regular drinks are offered and drunk.  Allocate a member of staff to assist the resident to drink for the next 24/48 hours.
6		
7	Severely	If the colour of your resident's urine matches 7 or 8 – it may be an indication that your resident is  debydrated.  Note: some foods, vitamins and some medication can change the colour of urine.  Also, be aware if your
8	Dehydrated	dehydrated.  • Urgent fluids  • Commence fluid chart  • Hourly fluids  • Observe for other signs of deterioration

Approved by Waltham Forest CCG MOC : October 2018 Review Date: October 2020