Refresh Your Knowledge

Nutrition and Hydration

To quench your thirst and feed your hunger for up-to-date information on nutrition & hydration, the Library Team have pulled together some recent references to useful articles.

All are available to FPH staff and students in full text with an NHS Open Athens password.

If you would like help accessing these or need a more in-depth information search on a particular aspect of this or indeed any other subject area related to patient care, please contact us and we will be glad to assist.

- **Recognising and preventing dehydration among patients.**
  Campbell, Naomi

- **Promoting and maintaining healthy hydration in patients.**
  Ruxton, Carrie

- **The high impact actions for nursing and midwifery 1: keeping nourished - getting better.**

- **Dysphagia, nutrition and hydration post stroke.**
  British Journal of Nursing, 2014, vol 23 (12) p634
  Author(s): Rowat, Anne

- **Hydration - the missing part of nutritional care.**
  Author(s): Lecko, Caroline, Best, Carolyn

- **Hydration device proves its worth.**

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Hydration – the missing part of nutritional care

Dehydration affects patients across all areas of care. All nurses need to be proactive in diagnosing and treating dehydration swiftly to prevent deterioration.

**In this article...**
- The importance of good hydration and associated risks
- Analysis of Incident reports relating to poor hydration
- Recommendations for future practice

**5 key points**
1. Dehydration affects people in all care settings.
2. Dehydration can cause long-term health problems.
3. Dehydration may be difficult to diagnose.
4. Dehydration can lead to confusion and delirium.
5. Dehydration can be prevented by maintaining good hydration habits.

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**Learning zone**

Continuing Professional Development

Promoting and maintaining healthy hydration in patients

**Abstract**
Fluid is essential for life and health. Nurses have an important role in helping patients maintain optimal levels of hydration, particularly in hospital or residential settings where access to fluids is less likely to

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