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|  Hydration Program | NO.  |
| PURPOSE:To provide the residents with sufficient fluid intake to maintain proper hydration and health.STATEMENT OF POLICY:It will be a standard of this facility to identify risk factors, which can lead to dehydration and to develop a strategic preventive plan of care.PROCEDURE:A High risk for dehydration resident shall be defined as any resident that’s experiencing any of the following conditions:* Any resident that has dehydration triggering on the MDS/RAP’s
* Fecal Impaction
* Urinary Tract Infection
* Tube Feeding (new-monitor for at least 3 months or until stable)
* Decline in ADL’s
* Pressure Sores
* Vomiting
* Diarrhea
* Elevated temperatures
* Residents that depend on staff for provision of fluid intake
* Use of medications i.e. diuretics, laxatives, and cardiovascular agents.
* Renal Disease
* Dysphagia
* Hx. Of refusing fluids
* Fluid restricted residents
1. All residents will have a dietary assessment completed on admission, quarterly and with any significant changes in condition for any risk factors. The assessment will be completed by an R.D. or the dietary services manager.
2. The resident’s daily fluid needs will be assessed by the R.D. on admission and annually.
3. If the resident requires additional fluids during the day to meet his/her daily requirement, the IDT will be responsible for determining the distribution of those fluids.
4. In the event that the R.D. is not able to assess the resident within 14 days of admission, the IDT will be responsible for determining the required daily fluid intake.
	1. For residents that are assessed to be AT RISK, the IDT will assess:
		1. Lab Values
		2. The resident’s ability to obtain fluids
		3. The resident’s fluid preferences
		4. The resident’s mental status
		5. The resident’s snack times
		6. The resident’s medication regimen
5. The residents will be placed on a Dehydration at Risk flow sheet to alert staff.
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|  Hydration Program | NO.  |
| 1. Dietary will provide beverages at 10 a.m. and 2 p.m. in the dining room. A hydration cart will be sent out at those times and at 7 p.m. for those residents who are not able to come to the dining room.
2. Dietary meal percentage and fluid intake sheets will be completed at every meal by the designated staff member. The consumption from the hydration cart will also be documented on the high risk residents.
3. Staff will encourage consumption of fluids by all residents at meal times.
4. Nurses will offer fluids during medication pass.
5. C.N.A.s will offer fluids when in resident’s rooms.
6. Those residents who are at risk will be addressed on their care plan, when appropriate.

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