

GRISWOLD PUBLIC SCHOOLS

MONTHLY SAFETY INSERVICE

MONTH _____ DATE _____

HYDRATION

PLEASE REVIEW THE HYDRATION INSERVICE FOR
HYDRATION. COMPLETE THE QUIZ FOR
EMPLOYEE FILE.

Defining Dehydration

Dehydration = a condition that occurs when output of urine exceeds fluid intake.

Functions of Fluids

Good hydration means maintaining an ongoing supply of water. Functions of water include:

1. Helps with digestion and is necessary to maintain normal bowel function.
2. Regulates body temperature.
3. Promotes good skin integrity by acting as a cushion for the cells, thus decreasing the incidence of pressure ulcers.
4. Transports nutrients throughout the body. Water acts as a solvent transporting fluid and oxygen to all the cells in the body and helps with excretion in waste products.

Sources of Fluids

Many people do not know that fluids are contained in many items besides drinks. Here are some obvious and maybe no so obvious sources:

Water, Milk, Juice, Soup, Gelatin, Ice Cream, Coffee, Tea, Soda

Items that are "**liquid at room temperature**" are considered to be fluids!

How to Calculate Fluid Needs

As a general guideline, patients need 30cc of fluid per kilogram of body weight per day.

For example: A patient weighs 125 pounds. How much fluid do they need?

$$125 \text{ lbs} / 2.2 \text{ kg} = 57 \text{ kg}$$

$$57 \text{ kg} \times 30\text{cc} = 1700\text{cc fluid per day}$$

$$1700\text{cc} / 240\text{cc} = 7 \text{ cups of fluid per day}$$

Risk Factors for Dehydration

1. Decreased body water content in the elderly.
2. Cognitive loss and decreased thirst response.
3. Renal changes.
4. Physical problems.
5. Decreased intake of food.
6. Fear of incontinence.
7. Medications.
8. Dysphagia.
9. Warm environments.
10. Abnormal fluid losses.

Clinical Signs & Symptoms of Dehydration:

1. Weight Loss.
 - Mild dehydration: 5% body weight loss in one week.
 - Moderate dehydration: 5-10% body weight loss in one week
 - Severe dehydration: 10% or more body weight loss in one week.

2. Increase in pulse.
3. Dizziness and increase in blood pressure.
4. Changes in physical appearance (i.e. sunken eyes)
5. Fever.
6. Concentrated urine or decreased urine output.
7. Constipation or fecal impaction.
8. Loss of appetite.
9. Increased confusion.