

Hydration, Heatwaves and UTI's

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Harrogate and District NHS Foundation Trust

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Summer has finally arrived!

- Beware of heat related illnesses
- Vulnerable groups- (over 75's, those with chronic illnesses, those taking certain medications, people unable to adapt their behaviors to cool down e.g. dementia, bed bound residents, disabilities.
- The NHS Heatwave Plan:

<https://www.gov.uk/government/publications/heatwave-plan-for-england/supporting-vulnerable-people-before-and-during-a-heatwave-for-care-home-managers-and-staff>





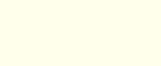
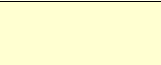
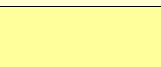





Dehydration and UTI's



- 1 in 5 residents in care homes are dehydrated.
- 1 in 4 nursing home residents admitted to hospital are dehydrated.
- Dehydration in older people increases their risk of developing a urinary tract infection.
- Keeping hydrated in the hot weather can be a challenge.
- During the summer months there is an increase in the number of UTI's in care home residents.
- Avoid holding on to urine- think stagnant like a pond- great for bacteria to grow

Keeping Track of Hydration

- As well as using your fluid balance charts, you can use the urine colour chart to monitor how well hydrated your residents are.
- Urine colours between 1-3 can indicate an adequate level of hydration.
- Urine colours between 4-8 indicate a need for rehydration.
- Encourage a variety of fluids and foods with high water content e.g. watermelon, ice-lollies, smoothies
- Hydration stations for staff
- (Please note, some medications, supplements and foods, can affect the colour of urine)

 	
The urine colour guide	
<p>Be aware that limiting fluid intake can cause urinary tract infections. Aim for approximately 6-8 glasses a day to stay hydrated. Choose a drink that you are most likely to finish, all fluids count except alcohol.</p>	
Colours 1-3 suggest normal urine	
	1. Clear to pale yellow urine suggests that you are well hydrated.
	2. Light/transparent yellow urine suggests an ideal level of hydration.
	3. A darker yellow/pale honey coloured urine suggests that you may need to hydrate soon.
Colours 4-8 suggest you need to rehydrate	
	4. A yellow, cloudier urine colour suggests you are ready for a drink.
	5. A darker yellow urine suggests you are starting to become dehydrated.
	6. Amber coloured urine is not healthy, your body really needs more liquid. All fluids count (except alcohol).
	7. Orange/yellow urine suggests you are becoming severely dehydrated.
	8. If your urine is this dark, darker than this or red/brown, it may not be due to dehydration. Seek advice from your GP.
<p>© Community Infection Prevention and Control, Harrogate and District NHS Foundation Trust www.infectionpreventioncontrol.co.uk Resource No. 10 – The urine colour guide</p>	
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Symptoms of Urinary Tract Infections



- Frequency passing urine.
- Burning pain on passing urine (dysuria).
- Haematuria.
- Suprapubic pain, pain in lower back.
- Nocturia.
- Confusion.
- Do not send a urine sample if the resident doesn't have any symptoms of a UTI. A positive dipstick without symptoms is not an indication of a UTI!

'Can we use fans?'

- Portable fans should not be used: During airborne outbreaks of infection or when a person is known or suspected to have an infection, e.g. C. difficile, MRSA, COVID-19, Norovirus, Influenza
- Aimed away from the door and not across surfaces
- Cleaned as per manufacturing instructions (if bladed then remove outer cage)
- Ensure they are turned off prior to any aseptic or clean techniques take place e.g wound dressings
- Bladeless fans contain filters which must be cleaned and replaced as per manufacturer's instructions.
- Beware of air-conditioning units with water reservoirs



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Protecting health and reducing harm from severe heat and heatwaves

[Heatwave Plan for England - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/612202/Heatwave_Plan_for_England.pdf) - The Heatwave Plan for England aims to prepare, alert and prevent people from the preventable health impacts from severe heat in England.

[Supporting vulnerable people before and during a heatwave: for health and social care professionals - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/612202/Heatwave_Plan_for_England.pdf) - This is part of a national programme to reduce the health risks by alerting people to the dangers and encouraging them to plan what to do in the event of a heatwave.

[Supporting vulnerable people before and during a heatwave: for care home managers and staff - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/612202/Heatwave_Plan_for_England.pdf) - You should read this if you work in or manage a care home, where people are especially at risk during a heatwave. This link outlines the [roles and responsibilities required at each level](#)

[Beat the heat: staying safe in hot weather - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/612202/Heatwave_Plan_for_England.pdf) - This document will tell you how to stay safe in hot weather, including how to keep your home cool.

