

Hydration

- Fluids should be in easy reach of the resident and should not be too heavy to lift, assistance given when required, if appropriate use a straw to aid the patient, and always encourage regular fluid intake
- The amount of fluid needed per day will vary between individuals. Requirements increase in warm weather, if infection is present, or if there are fluid losses such as diarrhoea and sweating
- Early indicators of becoming dehydrated include: feelings of thirst, a dry or sticky mouth, tiredness/drowsiness, poor concentration, dizziness or light-headedness
- Specific estimated fluid requirements per day can be calculated using $30\text{ml} \times \text{kg}$ for adults aged >60 years, and $35\text{ml} \times \text{kg}$ for adults aged 18-60 years. For adults with a high BMI ($>30\text{kg/m}^2$), a fluid requirement of around 2000-3000ml per day is suggested
- To ensure a patient is meeting their fluid requirements, documentation is important such as fluid chart. The amount consumed should be calculated daily, and fluid offered should be documented even if the patient has refused
- For guidance: small glasses and cups hold around 200ml and mugs can hold 250ml upwards



Ideas for nourishing drinks

Nourishing Milkshake

- ½ pint [300ml] full cream milk
- 4 dessertspoons [30ml] double cream
- 4 dessertspoons [20g] milk powder
- 4 dessertspoons [30ml] milkshake syrup

Mix, whisk or liquidize together. Try adding Pureed fruit, ice cream, fresh cream, full fat Yoghurt or honey.

Enriched milk

- 4 tablespoons of milk powder (for example
- Marvel®)
- 1 pint (568mls) of full cream milk

Mix or whisk together. Store this in the fridge and use whenever you would use ordinary milk (cereals, porridge, soups, sauces, milk puddings and milky drinks such as Horlicks®, Ovaltine®, Bournvita®, drinking chocolate or cocoa). Keep in the fridge for a maximum of 24 hours.

Fortified Soup

- 180 mls of soup (ideally homemade, but if this is not possible a carton/can)
- 1 heaped tablespoon of skimmed milk powder
- 1 tablespoon of double cream
- 1 tablespoon cheese

Heat soup. Add milk powder and stir to Dissolve. Stir in cream and cheese before Serving. Add croutons for extra nourishment also.

Smoothie

- 150mls of full-fat milk,
- 1 pot Greek natural yoghurt,
- 2 heaped tablespoons of skimmed milk Powder,
- 1 dessertspoon of honey (optional),
- Flavouring (see ideas below).

Ideas for flavourings: Fresh or frozen fruit, Chocolate or strawberry syrup, flavoured ice cream, drinking chocolate or coffee powder.

Who to contact

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