



Hydration Care Procedure

Procedure Number
WCDHB-PG-0065

Version Nos:
4

1. Purpose

This Procedure is performed to ensure the provision of appropriate hydration care to all West Coast District Health Board (WCDHB) patients/consumers/residents.

2. Application/Responsibilities

This Procedure is to be followed by all WCDHB clinical staff members.

3. Definitions

There are no definitions associated with this Procedure.

4. Responsibilities

All WCDHB Staff Members are required to ensure they abide by the requirements of this Procedure.

5. Resources Required

This Procedure requires:

- i) Clinical Record for Patient/Consumer/Resident
- ii) Fluids appropriate for Patient/Consumer/Resident
- iii) WCDHB Fluid Balance Chart

6. Process

- 1.00 Each patient/consumer/resident admitted to a WCDHB Facility is to have any special hydration needs assessed as part of the admissions process.
- 1.01 The patient's/consumer's/resident's preferred choice of fluids is documented through the normal assessment process and is to be documented in their clinical record.
- 1.02 For patients/consumers/residents with hydration difficulties, planning for their hydration requirements is done in consultation with members of the appropriate MDT e.g. Dietician, medical practitioner
- 1.03 This planning will include the specified amounts of fluid to be provided daily, the type of fluid and the method of administration. This is to be documented in the patient's/consumer's/resident's clinical record.
- 1.04 All staff members working with the patient/consumer/resident are to be aware of their special hydration needs and comply with the documented care plan.
- 1.05 Monitoring of hydration is to be documented on the WCDHB Fluid Balance Chart as well as in the progress notes of the patient's/consumer's/resident's clinical record.
- 1.06 Fluids (both warm and cool drinks) are to be available throughout the day, and not just at preset times.



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- 1.07 Staff members are to take care to ensure drinks are not too hot and cups not too full for safety reasons.
- 1.08 When fluids are administered to a patient/consumer/resident by staff members to via utensils (spoons and syringes) care is taken not to harm the patient.
- 1.09 Staff supervision and assistance, as well as appropriate utensils will be provided for those patients/consumers/residents who, due to unsteadiness/confusion/other are unable to manage independently.

7. Precautions And Considerations

- ➔ Each patient/consumer/resident admitted to a WCDHB Facility is to have any special hydration needs assessed as part of the admissions process.
- ➔ All staff members working with the patient/consumer/resident are to be aware of their special hydration needs and comply with the documented care plan.
- ➔ When fluids are administered to a patient/consumer/resident by staff members via utensils (spoons and syringes) care is taken not to harm the patient

8. References

There are no references associated with this Procedure

9. Related Documents

WCDHB Clinical Documentation Procedure

Revision History	Version:	4
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