



VICTORIAN CONTINENCE RESOURCE CENTRE

Standard 2.10

Nutrition & Hydration

Recommendations for Hydration

Residents of aged care facilities are at high risk of inadequate fluid intake and dehydration. These recommendations address this common issue in aged care through application to standard 2.10 Nutrition and Hydration.

2.10 NUTRITION AND HYDRATION

Expected outcome: Residents receive adequate nourishment and hydration

Recommendation 1: Fresh water be included as a central component of adequate nourishment and hydration

Criteria: Policies and practices provide:

a) that residents' nutrition and hydration needs are assessed, documented, regularly reviewed and acted upon

Recommendation 2: Identification and management of hydration needs provide for acute situations and ongoing measures

Recommendation 3: All residents will have an individualised fluid goal determined by a standard method for daily fluid intake. A minimum of 1500 mL a day is suggested

b) that residents are offered a varied, healthy and well-balanced diet that takes individual preferences into account

Recommendation 4: As a primary and essential nutrient, fresh drinking water is made available as part of a varied, healthy and well-balanced diet, and its consumption encouraged throughout the day

c) that residents receive sufficient food and fluid to meet their nutritional requirements

Recommendation 5: Staff extend this guidance to ensure residents are encouraged and reminded to drink appropriately and are offered assistance where necessary

Recommendation 6: Fresh, cool tap water is made available from the time the resident is awake, and included as an additional healthy option with every meal and snack

Recommendation 7: Fluids are part of menu planning for the three main meals of the day – breakfast, lunch and the evening meal

Recommendation 8: Residents are offered additional drinks between meals so they achieve the minimum 1500 mL of fluid a day

d) that residents are assessed for and are provided with assistive devices that enhance the resident's ability to meet their nutrition and hydration needs

Recommendation 9: Use of modified fluid containers is suggested based on residents' intake behaviours

e) that residents are assisted to maintain their dietary customs according to their religious and cultural beliefs

Recommendation 10: Drink preferences are accommodated in order to increase fluid intake, particularly for individuals at risk of dehydration

Recommendation 11: Water is encouraged as the fluid of choice

Recommendation 12: Caffeinated beverages (eg tea and coffee) are a good source of fluid and can be counted towards the fluid goal. There is evidence that in regular users, there is no untoward effect on fluid balance. Tea and coffee however are not to be the only source of fluid intake

Recommendation 13: Alcoholic beverages which exert a diuretic effect do not count toward the fluid goal

f) that residents swallowing is regularly assessed, documented and reviewed, and that food and fluids of appropriate texture are provided

Recommendation 14: A variety of fluids are offered at the appropriate texture to meet the individuals needs

For further information about aged care standards and accreditation visit:

<http://www.aacqa.gov.au/> or phone 1800 288 025

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