

# Hydration Protocol



## Procedure

1. Each resident will be assessed for fluid needs by one of the following methods:
  - a. 30 cc/kg body weight except residents with renal or cardiac distress. With a diagnosis of CHF use 20-25 cc /kg per day. If available BIA to check hydration status especially if on diuretics
  - b. For those 130% or greater of IBW use 100 cc/kg for first 10 kg, 50 cc/kg for next 10 kg, and 15 cc for the remaining kg
  - c. For elderly, never give less than 1500 cc/day
  - d. For pediatrics – see Consultant Dietitian Resource Manual or Medical Nutrition Therapy Manual for guidelines
2. In the assessment process identify residents with a diagnosis of dehydration or at risk of dehydration, e.g. those on diuretics, dilantin, dependent on staff for provision of fluids and intake of food, enteral nutrition support, poor intake, poor cognitive skills, reduced mobility, fever, BIA >550 ohms, etc.
3. Develop a plan of care for residents that are dehydrated or at risk of dehydration.
4. Obtain beverage preferences and on each tray serve those beverages permitted by their diet order. Provide additional beverages if desired or taken by resident
5. Offer 8 oz water with each meal, 16 oz milk per day, 4 oz juice at breakfast and HS snack and coffee or tea on each tray, if desired. On each room tray send the coffee or hot tea in an insulated coffee mug with a lid to ensure less chance of residents burning themselves. In the dining rooms staff members will pour hot beverages at the dining room tables. Do not leave hot Beverages in the dining rooms for residents to help themselves due to the danger of burning themselves.
6. Hydration carts or other methods determined by the facility are recommended between meals. Have an unsweetened drink, e.g. diet punch, diet lemonade or ice water rotate through the facility offering beverages to each resident. Be sure that fluid restricted residents and thickened liquids residents are identified. Snow cones, Popsicles could be given as part of an activity a couple of times per week. Have thickened liquids available on med carts.

Nutrition Ink © (951) 849-5150

[www.nutritionink.com](http://www.nutritionink.com)  
(Protocolhydration.doc)

[MerijaneM@aol.com](mailto:MerijaneM@aol.com)