

Vol 4 no 7
September 2007
ISSN 1743-9620

Hydration is our featured topic this month:

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Fast facts about dehydration

- A loss of only 3% of your body's water content causes a 10% drop in strength and an 8% loss of speed.
- A healthy mind is as important as a healthy body. Low concentration levels could be a result of dehydration. Headaches are often a sign of dehydration, so before reaching for a headache pill, try a glass of water.
- A 4-5% reduction in water in your body can cause as much as a 30% decline in work performance.

From: Scottish Water

<http://www.scottishwater.co.uk/ontap>

Hitting the Headlines

Improving meals and mealtimes for older people in residential care

Research into achieving dignity in care for older people in the UK has consistently found that meals and mealtimes are a major priority for people staying in residential settings. [Full story>>](#)

Dehydration in care homes studied

A possible link between dehydration suffered by people in residential homes and the number of falls they experience is to be studied. [Full story>>](#)

More dementia-related headlines on [page 6](#)

For sale from DSDC

Food, drink and dementia: how to help people with dementia eat and drink well.

Helen Crawley 2002

A valuable guide to enable staff to improve the intake of food and drink of people with dementia. It offers practical advice for those who plan, serve and deliver food and drink.

Price: £10.50

Rehydration and Dementia

Carole Archibald 2003

Some acute hospital admissions of people with dementia may be avoidable with interventions to correct dehydration. This literature review is intended for nurses and other practitioners who work with people with dementia in community settings and care homes.

Price £10.00



The Dementia Services
Development Centre



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Hydration

Keeping hydrated is a central part of nutritional care, and drinking appropriate amounts of water must not be underestimated as a way of helping older people to stay healthy and feel good. Water is a basic nutrient of their body, and it is critical to life.

Good hydration can help to prevent constipation, pressure sores, kidney stones, blood pressure problems, cognitive impairment, falls, headaches, poor oral health and certain cancers. Poor hydration has been shown to contribute to depression, inactivity and fatigue, slower healing and prolonged recovery time.



What we drink can definitely influence how we behave, but it can also affect our ability to concentrate, our resistance to infection and even the risk of developing serious long term illness.

Not only should fresh water be available for health and safety reasons, it is central to healthy eating, and should naturally sit alongside fats, carbohydrates, minerals, proteins and vitamins when considering the diet of older people.

Readers may be surprised to know that the biggest single use of pharmaceuticals in the care sector – it is estimated at around thirty per cent – is now the laxative. Where constipation encourages their use, poor fluid intake is sure to play a major role.

In non scientific trials, based purely on the perceptions of the people who care for older people, good hydration has improved sleep patterns, reduced falls, increased food intake, and helped to improve 'well-being'. Carers are seeing the benefits of observing hydration best practice, and – where clinically appropriate – are encouraging, coaching and even reminding older people to drink.

So if the question is “how much should older people be drinking?”, then the answer is very likely to be...“more than they do now”. I am delighted that the Dementia Services Development Centre has placed a focus on such an important issue.

Nicholas Ellins
Facilitator of the Water for Health Alliance and Head of Consumer Strategy at Water UK

Resources

Hydration Best Practice Toolkit - <http://www.water.org.uk/home/water-for-health/resources>

Hydration

Web Resources

[Water UK](#)

Water UK is the industry association that represents all UK water and wastewater service suppliers at national and European level.

<http://www.water.org.uk/home>

[Hydration and Older People](#)

Water is well known for its revitalising properties and is essential to our well being. Yet older people can miss out on the support and guidance they need to maintain a healthy level of hydration.

<http://www.water.org.uk/home/water-for-health/older-people>

[Scottish Water](#)

Scottish Water On Tap is an initiative to develop your awareness of the value of tap water and the associated health benefits, to encourage you to keep hydrated by drinking the recommended amount of water every day.

<http://www.scottishwater.co.uk/ontap>

[Thirst 4 Life](#)

Buckinghamshire County Council services to older people include this page covering the dangers, causes and avoidance of dehydration, with a table giving the water contents of different foods

<http://www.buckscc.gov.uk/bcc/content/index.jsp?contentid=-1936821933>

[Nursing Standard – Nutrition Now campaign](#)

Nutrition Now, a campaign being launched today by the RCN and Nursing Standard. The Nutrition Now campaign is intended to help nurses to improve nutrition and hydration in patients across the UK.

<http://www.nursing-standard.co.uk/professionaldevelopment/nutritionnow/nu-v21n32p09.asp>

Hydration

Topic Reading List

Books/Reports

Assisting with nutrition and hydration in long-term care

Hartman, 2004.

This textbook for care assistants includes tips on how to make tasks simpler, safer, and more enjoyable for residents. In addition, you'll find information on working with residents who have dementia, sensory impairments, or who are recovering from a stroke

ISBN-13: 978-1888343731

Batmanghelidj, F

Your body's many cries for water.

Source Worthing: The Therapist, 1997.

Book explaining the body's need for water. Describes the effect of rehydration on several illnesses and stresses. Of interest to dietitians and those responsible for food and nutrition of people with dementia.

ISBN 189939835X

Batmanghelidj, F

Water : for a healthier pain-free life.

Source Falls Church, USA: Global Health Solutions, 1997.

A preventative and self-education book for those who prefer to adhere to the logic of the natural and the simple in medicine.

Location D24

Alzheimer's Society

Food for thought : acute care practice guide.

Source London: Alzheimer's Society, 2004.

This practice guide is aimed at healthcare professionals working in acute hospitals, from staff at ward level to caterers. It aims to raise awareness of the challenges experienced by people with dementia concerning food, eating and drinking.

ISBN 187287469X

Alzheimer's Society

Food for thought : domiciliary care practice guide.

Source London: Alzheimer's Society, 2004.

This practice guide is aimed at domiciliary care workers involved in the care of people with dementia. It aims to raise awareness of the challenges experienced by people with dementia concerning food, eating and drinking.

ISBN 1872874843

Water UK

Water for healthy ageing : hydration best practice toolkit for care homes

Source London: Water UK, 2005.

This toolkit has been created as part of a resource kit to assist care managers and other service providers to bring the benefits of improved water consumption to older people in care and to develop best practice.

Hydration

Topic Reading List

Journal articles

Neno, Rebecca

Practical tools to support nutrition and hydration.

Nursing older people, 19(6), July 2007, pp 7-8

Nutrition Now is a clinical campaign launched earlier this year by the RCN to raise standards of nutrition and hydration in hospitals and the community. The campaign will run throughout 007 and aims to raise awareness of the importance of food and drink to patient health and to ensure that patients get good nutritional care.

Ellins N.

Water for health -- hydration best practice for older people.

Nursing & Residential Care, 2006 Oct; 8 (10): 470-2

Nick Ellins discusses the importance of ensuring that residents in care homes maintain adequate levels of hydration.

Watson, R, Manthorpe, J and Stimpson, A

Learning from carers' experiences : helping older people with dementia to eat and drink

Nursing older people. 14(10) , 2003, 23-28. 6 page(s).

Eating and drinking difficulties are common in people with dementia and yet some health staff are inclined to neglect this important area of care.

Amella, Elaine J

Feeding and hydration issues for older adults with dementia.

Nursing clinics of North America. 39(3), 2004, 607-623.

Article discussing the issues of feeding, hydration and dehydration in older adults with dementia.

Hodgkinson, Brent, Evans, David and Wood, Jacky

Maintaining oral hydration in older adults: A systematic review. International Journal of Nursing Practice, Vol. 9 Issue 3, Jun2003, pS19-S28

Dehydration is the most common fluid and electrolyte imbalance in older adults. The objectives were to identify the factors that increase the risk of dehydration in older adults, how best to assess the risk and manage oral fluid intake.

Davidhizar, Ruth, Dunn, C. L. and Hart, A. N.

A review of the literature on how important water is to the world's elderly population.

International Nursing Review, Vol. 51 Issue 3, Sept.2004, p.159-166.

Reviews the literature on how important water is to the world's elderly population.

Water is a finite resource, so we must preserve the water that we have. Dehydration is a concern in the elderly. Five strategies related to water intake can promote health:

(1) assess for symptoms which may indicate dehydration, (2) encourage ingestion of fluids and foods to maintain an optimal fluid level, (3) be alert to physical and clinical conditions affecting hydration in the elderly, (4) consider environmental factors which may affect body fluids, electrolytes and acid-base balance, and (5) encourage methods to increase fluid consumption.

Current Awareness

Dementia in the News

[Without a care](#)

On discovering the conditions her father endured in a home for older people, Alison Clarke was determined to find out whether care always has to be so depressing
The Guardian September 19 2007
<http://society.guardian.co.uk/longtermcare/story/0,,2171762,00.html>

[Antidepressant helps dementia symptoms](#)

Researchers in Canada found an antidepressant performed as well as an often prescribed anti-psychotic for dementia patients -- but with fewer side effects.
United Press International, September 10 2007
http://www.upi.com/NewsTrack/Health/2007/09/10/antidepressant_helps_dementia_symptoms/9102/

[Parkinson's Disease Dementia is studied](#)

U.S. medical scientists have discovered an intermediate stage in patients with Parkinson's disease that might be predictive of eventual dementia.
United Press International, Aug 29 2007
http://www.upi.com/NewsTrack/Science/2007/08/29/parkinsons_disease_dementia_is_studied/2529/

[China's elderly care conundrum](#)

Jie Jie Cai is four months old. He sits in a green chair by the balcony, and gets plenty of attention. Right now Jie Jie has absolutely no idea how much his family is counting on him. When he gets older, he will have to support them all. Six adults - and just one child. This is the effect of China's one-child policy.
BBC News Online August 23 2007
<http://news.bbc.co.uk/1/hi/world/asia-pacific/6222586.stm>

['Handyman' call for older people](#)

Basic home improvements could enable many older people to stay independent for longer, reducing the need for costly social or even residential care.
BBC News Online August 21
<http://news.bbc.co.uk/1/hi/health/6957083.stm>

[Weight loss may foreshadow Alzheimer's in women](#)

Women destined to develop Alzheimer's disease or another form of dementia may start losing weight at least a decade before being diagnosed with such a condition, according to U.S. researchers
Reuters August 20 2007-09-23
<http://www.reuters.com/article/domesticNews/idUSN1719570020070820>

Current Awareness New Library Stock

Approaches to Care

Kuhn, Daniel and Verity, Jane

The art of dementia care.

Clifton Park, NY: Thomson Delmar Learning, 2008

This book is intended for all who provide support, encouragement and care for people with dementia. Using a relationship model of care, it explains how you can make a positive difference in the lives of those with dementia.

Format: Book

ISBN 9781401899516

Challenging Behaviour

Testad, I., Aasland, A.M. and Aarsland, D

Prevalence and correlates of disruptive behavior in patients in Norwegian nursing homes.

International journal of geriatric psychiatry, Vol. 22(9) September 2007, pp. 916-921
Research article. Although Behavioral and Psychological Symptoms of Dementia (BPSD) increase with increasing dementia severity, and institutionalization of an individual with dementia is often caused by behavioral symptoms, relatively few studies have explored the prevalence of BPSD in nursing homes. This research aims to study the prevalence and correlates of agitation in residents with dementia, in Norwegian nursing homes.

Format: Journal Article

Day Care

Peters, Anne

Café society.

The author writes about 2 cafés for people with dementia and their carers.

Nursing older people, Vol. 19(7), September 2007, pp. 20-21

Format: Journal Article

Ref: B22

Diet/Nutrition

Kim, Jae-Min [et al.]

Dental health, nutritional status and recent-onset dementia in a Korean community population.

International journal of geriatric psychiatry, Vol. 22(9) September 2007, pp. 850-855
Research article. Dental health is an important determinant of nutritional status, but has not been investigated as a risk factor for dementia. This study aimed to investigate the association between number of teeth, use of dentures and recent-onset dementia.

Format: Journal Article

Drug Therapy

Selbaek, Geir, Kirkevold, Oyvind and Engedal, Knut
The prevalence of psychiatric symptoms and behavioural disturbances and the use of psychotropic drugs in Norwegian nursing homes
International journal of geriatric psychiatry, Vol. 22(9), September 2007, pp. 843-849
Research article. This study aims to determine the prevalence of psychiatric and behavioural symptoms and the pattern of psychotropic drug prescription in patients with various degrees of dementia.
Format: Journal Article

Elder Abuse

Helmes, Edward and Cuevas, Marianela
Perceptions of elder abuse among Australian older adults and general practitioners.
Australasian journal on ageing, Vol. 26(3), September 2007, pp. 120-124
The objective of this research is to examine the perceptions of elder abuse among older Australian adults and general practitioners, a topic that has not been explored to the same extent as elsewhere.
Format: Journal Article

Fiction

Genova, Lisa
Still Alice.
Lincoln, Neb.: iUniverse.com, 2007
Alice is a fifty-year-old psychology professor and a world-renowned expert in linguistics. She initially attributes brief episodes of forgetting and disorientation to signs of normal ageing. But as her memory lapses worsen, she becomes disturbed enough to see a neurologist and learns that she has early-onset Alzheimer's disease. With no cure or treatment that will alter the disease's outcome, she tries to find meaning and purpose in the time she has left before she can no longer continue in her profession, remember the people she loves, recognise herself and even understand that she has a neurodegenerative disease.
Format: Book
ISBN 9780595440092

Health and Welfare

Kristensson, Jimmie, Hallbert, Ingalill Rahm and Jakobsson, Ulf
Healthcare consumption in men and women aged 65 and above in the two years preceding decision about long-term municipal care.
Health and social care in the community, Vol. 15(5), September 2007, pp. 474-485
The aim was to investigate healthcare consumption in men and women aged 65 and above in the two years preceding decision about long-term municipal care at home or in special accommodation and to investigate determinants for healthcare consumption.
Format: Journal Article

Hospital

Henley, David, Nguyen, Huong and Inderjeeth, Charles A.

Ward-based protocols can improve assessment and management of urinary tract infections in hospitalised patients.

Australasian journal on ageing, Vol. 26(3), September 2007, pp. 125-130

This study aimed to assess the rate of urine culture ordering and the treatment of urinary tract infections in elderly patients before and after the introduction of ward-based protocols.

Format: Journal Article

Incontinence

Spencer, Jane

Otherwise engaged.

Nursing older people, Vol. 19(7), September 2007, pp. 24-26

Dementia and incontinence are often seen as inseparable, however, the author finds that by putting in place simple measures, clients can be helped to remain continent.

Format: Journal Article

Harrison, Sarah

Helping patients to cope with faecal incontinence.

Nursing older people, Vol. 19(7), September 2007, p. 26

Health professional are being urged to actively ask older people if they have any signs of faecal incontinence in new guidelines drawn up to help ease the problem.

Format: Journal Article

Legal Issues

Forsyth, Laura

The Mental Capacity Act : what you need to know.

Mental health practice, Vol. 11(1), September 2007, pp. 16-19

In October 2007 the Mental Capacity Act 2005 will become law. The aim of the Act is to enable people to make their own decisions where possible, and where to involve them in the decision-making process as much as possible.

Format: Journal Article

Lewy Body Dementia

Bhasin, Mani [et al.]

Cholinesterase inhibitors in dementia with Lewy bodies : a comparative analysis.

International journal of geriatric psychiatry, Vol. 22(9), September 2007, pp. 890-895

Research article. This study aims to compare efficacy of different cholinesterase inhibitors (ChEIs) for treating patients with dementia with Lewy bodies (DLB).

Format: Journal Article

Rating Scales

Hobson, Peter, Meara, Jolyon and Taylor, Caroline

The Weigl Colour-Form Sorting Test : a quick and easily administered bedside screen for dementia and executive dysfunction.

International journal of geriatric psychiatry, Vol. 22(9), September 2007, pp. 909-915

Research article. Screening for cognitive impairment in hospital and the community requires a valid, reliable, concise, well tolerated, easily administered instrument.

Format: Journal Article

Jongenelis, K. [et al.]

Construction and validation of a patient- and user-friendly nursing home version of the Geriatric Depression Scale.

International journal of geriatric psychiatry, Vol. 22(9), September 2007, pp. 837-842
Research article. This study aims to construct a patient- and user-friendly shortened version of the Geriatric Depression Scale that is especially suitable for nursing home patients.

Format: Journal Article

Risk**Spencer, Jane**

Assessing falls in older people.

Nursing older people, Vol. 19(7), September 2007, pp. 33-36

For an older person in hospital a fall can have devastating consequences, prolonging hospital stay and leading to loss of confidence. Falls cost the NHS between £5340 and £12500 per patient in delayed discharge and can cause nurses to question their own practice and blame themselves. Further, the efforts of clinicians and researchers implementing falls prevention interventions are hampered because of inconsistencies in assessing risk.

Format: Journal Article

Ref: E3

Planning**Andrews, June**

The Forth Valley Dementia Project.

Scottish primary care, 65, August 2007, Page(s) 12-13

The author describes the pioneering work of the Forth Valley Dementia Project in identifying and implementing best practice in dementia care.

Format: Journal Article

Professionals**Davison, Tanya E. [et al.]**

Controlled trial of dementia training with a peer support group for aged care staff.

International journal of geriatric psychiatry, Vol. 22(9), September 2007, pp. 868-873

Research article. This study evaluated the impact of an eight-session training program for aged care staff in managing dementia-related challenging behaviours.

Participation in the training program with an additional five-session peer support group was compared with both participation in training only and a wait-list control condition.

Format: Journal Article

Residential care**McKenzie, Rosemary, Naccarella, Lucio and Thompson, Catherine**

Well for Life : evaluation and policy implications of a health promotion initiative for frail older people in aged care settings.

Australasian journal on ageing, Vol. 26(3), September 2007, pp. 135-140

This paper discusses the findings and policy implications of an evaluation of 'Well for Life', a health promotion initiative that focuses on good nutrition and physical activity for frail older people in Planned Activity Groups and residential aged care facilities.

The evaluation methodology employed the RE-AIM framework to identify various dimensions of program quality and public health impact.

Format: Journal Article