

Nutrition Interventions for Prevention and Treatment of: Dehydration



Nutrition Screening

Fluid intake < fluid output
 Use of diuretics or multiple medications
 Fever, pressure ulcer, UTI, URI, diarrhea, vomiting
 >5% loss in 30d
 <75% intake X 7 days

NO →

Continue Plan of Care

YES ↓

Notify Physician and Family/POA If Weight Loss or Poor Intake Refer to Dietitian for Assessment

- Physical Assessment: Body fat/muscle wasting, declines in ADLs, decline in handgrip strength, skin assessment, edema, dentition, vision, feeding and drinking ability, chewing/swallowing capability.
- Diagnoses, anthropometrics, food, fluid & nutrient needs, adequacy of intake, laboratory values, medications.
- Determine potential reasons for weight loss, including poor intake, edema, diagnoses, illness, infection, recent hospitalization with intravenous fluids or self-imposed weight loss.
- Determine potential reasons for poor intake, including difficulty chewing or swallowing, difficulty feeding self, poor dentition, illness, diagnoses, medications.

Implement Interventions as recommended/appropriate and revise Plan of Care

Nutrition Interventions

- Assess appetite, feeding ability and adequacy of intake to meet needs.
- Liberalize fluid consistency if possible and provide fluids of choice.
- Refer to OT, ST restorative dining.
- Provide feeding assistance with fluids during and between meals and adaptive equipment as needed.
- Add fortified foods & provide palatable high-calorie snacks, such as **Thrive Ice Cream**.
- Encourage fluid intake and monitor I/O until fluid intake is adequate and stable
- Provide dining environment that meets needs, including group dining, restorative dining or 1:1 supervision as indicated.
- Monitor intakes and weights for 4 weeks.

Adequate fluid intake?

YES →

- **Continue Plan of Care.**
 - **Monitor weights and intakes for 4 weeks.**

- **Revise Plan of Care.**

- **Initiate enteral feeding if appropriate and in accordance with resident/family wishes.**

- **Recommend hospice if in accordance with family wishes.**

NO ↓

- **Re-evaluate plan of care and revise as indicated.**
- **Add high-calorie supplements, such as Thrive Ice Cream.**
- **Continue to monitor intakes and weights for 2 weeks.**
- **Monitor for signs/symptoms of dehydration and recommend IVF if indicated.**

Adequate fluid intake?

NO →

YES →

- **Continue Plan of Care.**

- **Monitor weights and intakes for 4 weeks.**