



Hydration - It's a Splash!

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Hydration - It's a Splash!

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Hydration - It's a Splash!

Instructions

Slides for the Inservice:

- The slides can be shown on computer or projected on a screen using a data projector.
- You can show the slides directly from the Acrobat file by simply clicking on the icon that looks like a computer screen. Or you can go to the tool bar and click on “View” and “Full Screen” to show the slides on your screen.
- Then click the down arrow button or the page down button on your keyboard.

Presenter's Notes for the Inservice:

- Review the presenter's notes prior to presenting the slides.
- The presenter's notes offer additional information not included on the slides, suggestions for how to present some of the information, and activities you may want to incorporate.

Handouts for the Inservice:

- Simply copy the handouts and the pre- post-tests for participants.
- Do not provide the answer key for the pre-post tests.
- You can choose to give the test before and after the training, or just after the training to determine the effectiveness of your inservice and whether or not additional training is needed.



Objectives

1. Identify risk factors which lead to dehydration
2. Learn how to provide sufficient fluid intake to maintain hydration and health

Hydration! It's a Splash!

SPLASH:

- **S**taff
- **P**roviding
- **L**iquids
- **A**lways
- **S**ecures
- **H**ydration



Hydration - It's a Splash!



To set the stage, our friend *Splash* will make hydration fun and easy. Remembering the acronym “SPLASH” can help you keep hydration in mind at all times!

Remember SPLASH:

Staff

Providing

Liquids

Always

Secures

Hydration

Later in this presentation we will provide specific information to help you provide liquids to secure hydration.

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Objectives

1. Identify risk factors which lead to dehydration
2. Learn how to provide sufficient fluid intake to maintain hydration and health

Hydration! It's a Splash!

SPLASH:

- Staff
- Providing
- Liquids
- Always
- Secures
- Hydration



Dehydration is . . .

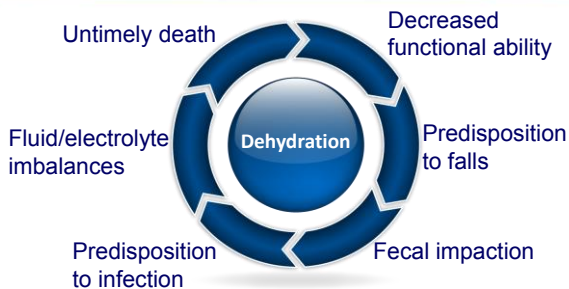
- When the body's water output exceeds input

Always debilitating



Potentially fatal

Possible Consequences



Risk is Higher for Older Adults

- Total body water decreases with age
- Kidney function declines with age
- Ability to feel thirst declines with age
- Increased dependence on care-givers for food and fluid, unable to verbalize needs
- Fear of urinary incontinence