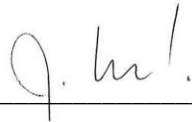


Leamington Mennonite Home

POLICY AND PROCEDURE

CATEGORY: Dietary	SUBJECT: Hydration	SECTION: H POLICY: 1
DATE: September 2004	Administrator: _____ 	
REVISION DATES: December 2007, June 2015	Dietary Director: _____	

HYDRATION

POLICY:

- The Leamington Mennonite Home will ensure all residents are offered 1500 ml of fluid daily.
- During the hot weather season (to be determined by LMH) extra fluids will be available for residents.
- If there are any problems with a resident's intake of fluids, this information will be documented by the Registered Dietitian in the plan of care with interventions noted in accordance with the resident's toleration and needs.
- When 1500ml intake is not an attainable goal, the Registered Dietitian in consultation with the Dietary Supervisor, identifies an appropriate fluid intake for that specific resident. This information is distributed in each Resident Home Area for the Personal Support Workers and Dietary Aides to review. All residents with fluid intake goals below 1500 ml are monitored and reviewed monthly following the Monthly Resident Hydration Audit process.

Residents at High Risk of Dehydration

- The Registered Dietitian will assess the resident and deem them as high risk for dehydration.
- All fluids including meals and snacks will be monitored and recorded on the Feeding Record, and the Snack, Nourishment Flow Sheet daily.
- Steps shall be taken with the resident, and communicated to the resident representative, to address the risk. These steps will be developed by the interdisciplinary team and be recorded on care plan.

Breakfast	200ml/150 ml
Morning Juice	150 ml
Lunch	200 ml/150 ml
Afternoon Juice	150 ml
Supper	200 ml/150 ml
Evening Juice	<u>150 ml</u>
Total	1500 ml