

**Hydration Needs Analysis (Part 1)
Self-Assessment**

We are really excited to be working with you over the coming months. Following your Hydration Champion Workshop Day, you are now a fully certified Hydration Champion – Well done!

In order to achieve better hydration, and reduced UTIs across your setting, you need to perform a Care Setting Needs Analysis and establish what already happens in your setting. Work with your colleagues to fill in this very short questionnaire, before going on to the **‘Observation’** and **‘Hydration Action Plan’**.

|  |  |
| --- | --- |
| 1 | When medicines are given with fluid, how much fluid (water, squash, fruit juice, milk etc) is provided?* None
* A sip
* A shot-glass/ 25ml as in measuring pot
* Less than half a glass
* Half a normal glass
* A full glass
* Varies depending on staff on duty
 |
| 2 | How many residents are usually offered hot drinks before breakfast?* None
* Some
* Most
* All
* Depends on which staff are on duty
 |
| 3 | How many cups/glasses of drink are usually offered to each resident during breakfast? Do they have extra fluids – i.e. milk on their cereal for breakfast or a yogurt?**€** None **€** 1 **€** 2 **€** 3 **€** 4 or more |
| 4 | How many cups/glasses of drink are usually offered to each resident during the morning (between breakfast and lunch):**€** None **€** 1 **€** 2 **€** 3 **€** 4 or more |
| 5 | How many cups/glasses of drink are usually offered to each resident during lunch:**€** None **€** 1 **€** 2 **€** 3 **€** 4 or more |
| 6 | Does lunch usually include extra fluids, such as gravy, soup, jelly, custard etc? Yes or No |

|  |  |
| --- | --- |
| 7 | How many cups/glasses of drinks are usually offered to each resident during the afternoon?**€** None **€** 1 **€** 2 **€** 3 **€** 4 or more |
| 8 | How many cups/glasses of drink are usually offered to each resident during teatime (the evening meal):**€** None **€** 1 **€** 2 **€** 3 **€** 4 or more |
| 9 | Does tea (evening meal) usually include extra fluids, such as gravy, soup, jelly, custard etc?Yes or No  |
| 10 | How many cups/glasses of drink are usually offered to each resident during the evening (between teatime and bedtime):**€** None **€** 1 **€** 2 **€** 3 **€** 4 or more |
| 11 | Where can a new member of staff find out about preferences for drinks for each resident?Answer:  |
| 12 | Take one of your usual residents’ cups or mugs (used for hot drinks) and fill it with water (to the same level you would fill it with tea or coffee for a resident to drink). Pour this into a measuring jug, how much fluid is this:  \_\_\_\_\_\_\_\_ ml  |
| 13 | Take one of your usual residents’ glasses or cups (used for cold drinks) and fill it with water (to the same level you would fill it with water/squash/juice for a resident to drink). Pour this into a measuring jug, how much fluid is this:  \_\_\_\_\_\_\_\_ ml |
| 14 | What kinds of drinks are usually available to your residents most days? Can they easily help themselves? (Tick all options available) state which ones they can help themselves to:* Tea
* Coffee
* Cold milk
* Fruit juice, types:
* Cold water (chilled)
* Cold water (room temperature)
* Milky drinks, types: Horlicks, Hot chocolate etc
* Soft drinks
* Beer or lager
* Squash
* Other drinks (state what):

How often are these available drinks, replaced/jugs refilled?* Once in 24 hours
* Twice in 24 hours
* 4 times in 24 hours
* Depends on which staff are on duty
 |
| 15 | What types of additional drinks are available for residents on special occasions (like birthdays, Christmas, holidays, parties)?  Drinks:  |
| 16 | How many times a week are day staff likely to be able to sit down to chat and drink tea, squash, water or coffee etc with residents?  \_\_\_\_\_\_\_\_\_\_\_\_\_ times per week   |
| 17 | How many times a week are night staff likely to be able to sit down to chat and drink, tea, water, hot chocolate, Horlicks etc with residents? \_\_\_\_\_\_\_\_\_\_\_\_\_ times per week  |
| 18 | How do you record fluid intake? Who records the fluid intake for each resident? |
| 19 | How many times a month are there social events (such as parties or bingo or tea-tasting) in your home that include drinks, that encourage your residents to socialise and drink together?   \_\_\_\_\_\_\_\_\_\_\_\_\_ times per month |
| 20 | When visitors are present during a drinks round are they offered drinks alongside the residents? * yes, always
* yes, sometimes
* no, but offered drinks separately
* no, but they can make their own drinks
* never
* depends which staff are on duty
* other, state what:
 |
| 21 | Is there drinking water in every bedroom, accessible to residents, overnight?* yes, always
* yes, when the resident asks for it
* not usually
*
 |
| 22 | How many of your staff team have received hydration training during the past year? Number of care staff: \_\_\_\_\_\_\_ out of a team of \_\_\_\_\_  Number of kitchen staff: \_\_\_\_\_\_\_out of a team of \_\_\_\_\_ Number of housekeeping: \_\_\_\_\_\_out of a team of \_\_\_\_\_ Number of senior/management team:\_\_\_\_\_ out of a team of\_\_\_\_\_ Number of volunteers/family members\_\_\_\_\_\_\_ * eLearn
* Face to Face training (inhouse or external trainers)
* Workbooks/learning assessments
* Hydration Champion Total number of staff: \_\_\_\_\_\_\_
 |
|  23 | How often do you talk with your residents about what helps them to drink well (including discussing preferred drinks, preferred mugs and cups, drinking support & equipment needed, continence support)?Frequency with groups of residents in the last year \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Frequency with individual residents in the last year \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 24 | *Thinking more about question 22*When do these conversations usually take place? * on admission
* every month in care plan reviews
* when health changes

Who tends to have these conversations?* carers
* families
* kitchen staff
* deputies/clinical leads
* managers
 |
| 25 | Do you encourage residents to sit and chat over a cup of tea or coffee after meals? * yes, always
* yes, sometimes
* no
* other, state when:
 |
| 26 | How do staff support residents to maintain their continence during the day* proactive trips to the toilet
* discussions & individual plans for each resident
* limiting drinking
* other, please state what:
 |
| 27 | If any of your residents develop suddenly or have chronic problems with swallowing, what kinds of things do the staff, your residents and families find helpful? |

Thank you for taking the time today to complete this questionnaire


This work is licensed under a [Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fcreativecommons.org%2Flicenses%2Fby-nc-nd%2F4.0%2F&data=02%7C01%7CD.Bunn%40uea.ac.uk%7C09837c804fb44c6aa36408d736c6aebc%7Cc65f8795ba3d43518a070865e5d8f090%7C0%7C0%7C637038099612481000&sdata=7PCWes42YmrIhObeldFW5ZbCofnGLw4r9FvCVr28eQ0%3D&reserved=0). © 2024, University of East Anglia.