**Hydration in Care Homes Project - CASE STUDY**

Betty Smith is a resident in your care home. She is 83 years old, is mobile with a walking frame and does not normally have a problem with incontinence. She is always alert and shows no sign of cognitive decline and her memory is excellent.

She is prescribed the following medication by her GP:

* Aspirin 75mg dispersible tabs – once daily
* Furosemide 40mg tabs – once daily
* Ramipril 5 mg tabs – once daily
* Alendronic acid 70mg tab – once weekly
* Naproxen 250mg – one tablet twice a day
* Simvastatin 40mg tabs – once daily

Today she has woken up complaining of pain in her lower back and side, she also mentioned a burning sensation when urinating and wants to keep going to the toilet. You also noticed that she has been incontinent in her bed in the morning which is not typical of Betty.

She also has a high temperature of 38.7C although the weather is hot at the moment as it is summer and the UK is going through a heatwave.

**In your group discuss and answer the following questions:**

1. What condition do you suspect Betty may have and why do you think this?
2. What action will you take to **manage her symptoms and care**?
3. What action would you take to reduce the chance of this happening again?
4. What are the benefits of changing care plans for residents to avoid the risk of UTIs in the future?