***Example Hydration Project Training Plan***

**2 hour session, 1000-1200**

2 Sessions, Each session 25 minutes talk, 15 minutes group work, 10 minute feedback, 10 minute break

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| **Action** | **Person Responsible** | **Activity** |
| **Session One 1000-1050** |
| Introduction (names, roles, care home, what do you want to get out of the day, what questions do you want answered by the end of the day?) | 10 mins | Quiz – fill in individually and then go through the answers as a group |
| Anatomy | 10 mins |
| What is hydration and dehydration | 10 mins |
| What are the benefits of good hydration | 10 mins |
| Quiz | 10 mins |
| **Break – 10 mins** |
| **Session Two 1100-1150**  |
| Medication and Water | 10 mins | Case scenario – work in groups of 3. Aim for clinical impression and care planning. Feedback on flipchart |
| Acute Kidney Injury and UTIs | 10 mins |
| Group Work: Case study scenario  | 20 mins |
| Introduction to the structured drinks round | 10 mins |
| Go through original questions and ensure we have answered them | 5 mins |
| Evaluation and Certificates | 5 mins |
| **Close – 1200** |