## **Let's Talk Hydration Levels**



How hydrated is your resident?

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1 2 3	Hydrated	If the colour of your resident's urine matches 1, 2 or 3, they are properly hydrated.  Healthy pee is  1-3; 4-8 you  must hydrate!
5	Dehydrated	If the colour of your resident's urine matches 4, 5 or 6, they need to drink more. Start a care plan to ensure regular drinks taken and ensure allocated member of staff helps the resident for the rest of the day.
6 7 8	Severely Dehydrated	If the colour of your resident's urine matches 7 or 8 – <b>the resident needs to be rehydrated</b> . Urgent fluids needed, commence fluid chart, hourly fluids, observe for other signs of deterioration and contact the doctor if necessary.  Note: some foods, vitamins and some medication can change the colour of urine. Also, be aware if your patient is on a fluid restriction for heart failure