

Focus on:

Oxford
Patient Safety Collaborative

Hydration in Care Homes

The hydration quality improvement project started with a pilot study in four care homes in July 2016, with the aim to reduced UTI hospital admission by 5% each year through the introduction of structured drinks rounds and staff hydration training.

To date, there has been an overall reduction by 61% and a significant reduction in UTIs required antibiotics (table 1) was demonstrated.

This project runs in partnership with East Berkshire Clinical Commissioning Group and has now been adopted throughout Oxfordshire Care Homes and Luton Local Authority. Health Education England (Thames Valley) have commissioned a training package and resource centre to encourage adoption and spread in care homes.

In October 2017, the hydration project won three PrescQIPP awards for:

- Best Interface
- Improving Patient Safety
- Overall Best Innovation

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Care home	Started Project	Baseline Average (2 months)	Average to date	Greatest number of days between UTIs (May 2016-March 2018)
1	01/07/2016	1 UTI per 9 days	1 UTI per 54 days	174 days
2	01/07/2016	0 UTIs	1 UTI per 76 days	243 days
3	01/07/2016	1 UTI per 15 days	1 UTI per 69 days	225 days
4	01/07/2016	1 UTI per 11 days	1 UTI per 20 days	92 days

Table 1: number of days between UTIs requiring antibiotics.

Awards and posters:

Three awards at PrescQIPP.

Winner of poster competition at the Primary Care Pharmacy Association Symposium.

A poster presented at Patient First in November 2017.

Shortlisted for NICE Shared Learning Award and for HSJ Patient Safety Awards 2018

“Keeping it simple means it’s not only easy to implement, but also easy to sustain.”

Sundus Jawad
Prescribing and Care Home Support Pharmacist
East Berkshire CCG

Overall **61%** reduction in UTI hospital admissions



598

Healthcare staff received Hydration Training

“The training has given us understanding of why it’s important to ensure that residents have enough fluids – it’s looking at the whole system, not just a drink.”

Care Home Staff Member



Picture 1: A themed structured drinks trolley.

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A case of repeated infection ...

An 80-year-old man with recurrent urinary tract infections (UTI) every six weeks, wheelchair bound and little social interaction was living in a care home where our hydration project was undertaken.

Following the introduction of structured drinks rounds and specific hydration training for staff, he has been free of UTIs for more than 9 months, is more mobile with a walking stick and participates in more activities. His quality of life has vastly improved as a consequence.

The training is aimed at all staff including nurses, care workers, activities coordinators, managers and nutrition advisors. It covers the anatomy and physiology of the urinary system, the importance of hydration and how to recognise dehydration, the effect of certain medications on the kidneys, signs and symptoms of a UTI and how to implement a structured drinks round.

Each care home chose the times that would best suit their routine and the aim was to achieve seven structured drink rounds per day. This information was collected by the member of staff undertaking the drinks round by noting it in the allocated folder. At the end of each day the number of drinks rounds were tallied at the end of the page and the manager collated the information on a weekly basis.

Eighteen months into the project, care homes have consistently achieved 98% compliance with their seven daily structured drinks rounds.

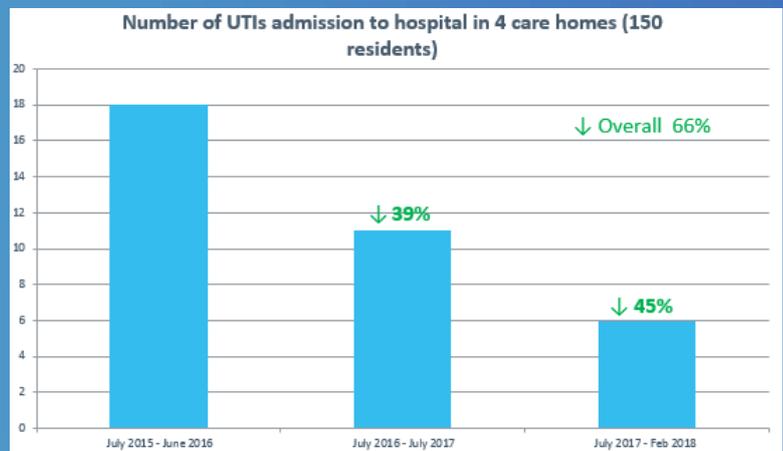


Figure 1: Number of UTI admissions to hospital.



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