



## ***Nutrition and Hydration***

**Objective** To focus your staff on the importance of adequate nutritional and fluid intake. To reinforce the importance of immediately reporting sudden changes in intake for investigation.

**First** Ask staff how many days it has been since their unit acquired a pressure injury?

- a. If zero, ask how many days in the past week have they been without an acquired pressure injury.
- b. Congratulate each successful day!
- c. Update your Pressure Free Zone tracking wipe-off board.

### **Review**

- a. Undernourished and dehydrated skin is fragile and dry, causing increased risk for breakdown. Healthy skin is dependent on the intake of a well-balanced diet that includes meat, vegetables, fruits, dairy products and a minimum of 1500 ml. of fluids per day (Follow fluid intake orders for each resident. Some may have fluid restrictions.).
  - i. Oral supplements are effective in maximizing nutrition and adding fluids.
  - ii. "Treasure Hunt" ~ Need: old glasses, petroleum jelly, garden/cotton gloves, colorful plate, colored Goldfish® or M&M's®.
- b. The Pressure Points poster and review each tip.
- c. Explain how the activity of "offering a toast" is especially effective with fluid intake in cognitively impaired residents. Proper etiquette dictates that it would be bad manners to refuse and residents will usually take at least one sip.

### **Ask**

- a. What kind of changes should you report and investigate?
  - i. Have staff identify a few residents at high-risk and have them explain why.
- b. What can you do differently in your daily routine to increase fluids and nutrition in your residents?

**Emphasize** The importance of encouraging food and fluid intake and monitoring for sudden changes in appetite. Consumption of oral supplements by residents reduces the risk of pressure injury development.

**Lesson** Decreased intake of food and fluids leads to malnutrition and dehydration, placing the resident at a high risk for pressure injury development.