

# Pressure Points

## Nutrition and Hydration

Residents at risk for malnutrition and dehydration may have:

- ➔ **Sudden illness:** flu, colds, pneumonia, fever, diarrhea, constipation, etc.
- ➔ **Long-term illness:** stroke, diabetes, heart failure, etc.
- ➔ **Dementia:** cognitive loss, confusion
- ➔ **Change in behavior:** combativeness, refusal of care or food, agitated
- ➔ **Sadness:** loss of self-worth
- ➔ **Open areas:** pressure, skin tears, abrasions
- ➔ **Pain**
- ➔ **Restraints:** physical and chemical
- ➔ **Medication changes**

What you can do:

- ➔ **Monitor** intake of food and fluids
- ➔ **Encourage** residents to drink every time you provide care; offer a “toast” to encourage fluid intake
- ➔ **Assist** with feeding through verbal cueing; spoon feeding, providing finger foods, etc.



- ➔ **Report behavior changes** immediately
- ➔ **Offer snacks and supplements** if inadequate meal intake noted...YOU know what your residents like!