



Your local food safety expert  
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## Hydration and Diet in Health Care

As you may already know that the 20<sup>th</sup> March 2013 is Nutrition day across the globe and to do our bit we are working in conjunction with Milton Keynes Council to develop and deliver awareness training to their residential and home care teams throughout 2013 and 2014.

These 3 hour awareness sessions form part of the mandatory training and include food hygiene as well as promoting good nutrition and hydration. We are looking at trying to promote a good diet and hydration habits as well as guidance on identifying poor hygiene, nutrition and hydration when working with their clients. These can be especially challenging for the home care teams as they may have a limited amount of time with each client as well as not being able to enforce changes in client's lifestyles but only guide them in the correct methods.

The combination of good diet and hydration is essential for the health and wellbeing of service users including residents and those that are treated in their home environment.

By being made aware of the implications and symptoms Milton Keynes care teams will be able to step in and act before it's too late and perhaps preventing service users becoming hospitalised where it could put extra strain on an already burgeoning health service.

### Why is water important?

Our bodies use water to help with different processes, including:

- Transporting nutrients and oxygen around your body
- Controlling your temperature
- The function of your digestive system
- Helps to keep skin healthy.
- Pressure ulcers
- Constipation
- Urinary infections and incontinence
- Kidney stones
- Heart disease
- Low blood pressure
- Diabetes (management of)
- Cognitive impairment
- Dizziness and confusion

### Having the right balanced diet can help prevent:

- Poor growth
- Poor development
- Mental health issues
- Infections
- Disease
- Possible resulting in death.



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**So what are the symptoms of poor nutrition and hydration you ask?**

They can include:

- Weight loss/loose clothing
- Headaches
- Feeling tired and weak
- Confusion
- Mood swings
- Dry lips
- Dark/Strong coloured urine

Individual water needs vary widely depending on many factors including levels of physical activity, body size and the environment and. Thus it can be very difficult to make broad recommendations about the amount of water clients should consume but the FSA currently recommends drinking about **1.2 litres per day** (about 6–8 glasses).

By assisting and supporting the home care teams we can hopefully give them the confidence to work with services users and their families to provide advice and guide them in the right direction to be able to enjoy a well balance diet, ensuring they are receiving enough of the right hydration in a clean, safe environment.

We are here for the safety and wellbeing of our clients and service users, are your health care teams doing their bit?

If you would like more information regarding the sessions we can provide them please do not hesitate to get in touch.

For complete peace of mind,  
**call Paul**  
**0800 8145 399**  
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Regards

Paul Warren MBICSc  
**For all your safety needs**

**Working in partnership with**

