

FLUID ENCOURAGEMENT

PURPOSE:

1. To increase resident's fluid intake as necessary.
2. To prevent dehydration.

EQUIPMENT:

1. Fluid within dietary restrictions.
2. Adaptive equipment as needed.
3. Straw if necessary.

PROCEDURE:

1. Wash hands, apply appropriate PPE.
2. Position resident in Fowler's or sitting position.
3. If elevation of the head is contraindicated, resident may be placed on side.
4. Select fluids within dietary restrictions and to resident's preference.
5. Have fluids at proper temperature.
6. Wet end of straw or adaptive equipment and place between resident's lips, not teeth.
Allow resident to suck at own pace. (Check for any restrictions on using straws).
7. Allow resident to swallow before offering additional fluid.
8. Be gentle, be persistent and encourage resident to take adequate fluids.
9. Offer fluids frequently.

*Resident may have adaptive cups ordered or may prefer to drink from a cup without a straw.