

## **DRIE 2**

### **Dehydration Recognition In our Elders, Re-test: care home research**

#### **Who is funding the research?**

The research is funded by the National Institute for Health Research (NIHR, NIHR-CDF-2011-04-025). The funding is as part of a Career Development Fellowship to Lee Hooper, the lead researcher.

#### **Who has assessed the ethical implications?**

The research has been checked and approved by the *National Research Ethics Service Committee Wales* REC 7 (14/WA/0145, 25<sup>th</sup> April 2014).

#### **Will the information gathered be confidential?**

Yes, the only information that will be available to others are your blood and urine test, and blood pressure, results. These will be reported back to your care home manager and GP. All other data will remain confidential and will be kept separate from your name and identifying details. Research publications and publicity will not allow identification of individuals or care homes.

#### **Would you like to participate?**

If you are resident in a care home and would like to participate you will receive a letter telling you about a meeting where you, and your relatives if they would like to attend, will be able to ask questions.

#### **If you have any questions** please contact the lead researcher:

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Email: [l.hooper@uea.ac.uk](mailto:l.hooper@uea.ac.uk) Website: <http://driestudy.appspot.com/>

If anything goes wrong, or you have any worries or complaints about the conduct of the research please contact Lee, or Sue Steel, the study sponsor, on 01603 591486 or email [sue.steel@uea.ac.uk](mailto:sue.steel@uea.ac.uk)

Introductory Leaflet for DRIE 2, 25<sup>th</sup> April 2014, v2.0

Your care home will be hosting some research. This research will test a way of identifying dehydration in older people. This leaflet will tell you a little about the research, and what it will mean for you.

#### **Dehydration—what is the problem?**

Dehydration, when we don't drink enough for our needs, is bad for all of us. In older people dehydration increases confusion and falls, and sudden hospital admissions. We don't have a good method of recognising dehydration early, before it becomes severe. If this new method of identifying dehydration does work, we will be able to tell when people are not drinking enough. Then we can provide extra encouragement with drinking, to prevent severe dehydration.

#### **What will the research do?**

The research will test an easy method that can signal when someone is in need of drinking more. This method was developed in our earlier study, DRIE. To test this method we will interview people living in care homes who are interested in this study.

Later we will offer care home staff training in how to recognise the early stages of dehydration.



## Who will be involved in this research?

We are asking people living in this care home if they would like to take part in this study. To take part you need to be aged 65 years or more, and not have heart failure or renal failure.

If you are interested in taking part we will ask you to make this decision yourself if you can, taking time to talk with your friends, relatives and/or staff. If you cannot make this decision yourself we will ask a your consultee whether you would have wanted to participate if you were able to make this decision yourself. A consultee is a person who is interested in your welfare, is prepared to be consulted, and is usually (but not always) a relative<sup>1</sup>. Overall we will recruit 200 older people.

## What will be asked of participants?

If you take part you will be asked to have some simple tests, answer some questions, give a blood sample and a urine sample. The interview will be in private room in your care home (often this is your bedroom) and will take about 45 minutes.



## Why is the blood test needed?

The blood test is needed as we will use it to measure serum osmolality (representing the concentration of components of the blood). This is the best way of assessing water-loss dehydration. This is the measure that the new method of assessing dehydration will be compared to, to see whether it works in identifying dehydration. The method of identifying water-loss dehydration, that we are testing, does NOT include a blood test.

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<sup>1</sup> The consultee advises the researchers on what the participant's wishes and feelings would be if they were able to consent for themselves, and on whether they should take part. The consultee does not give consent, only advice. Their advice will be respected. For more information on consultees see <http://www.hra.nhs.uk/resources/research-legislation-and-governance/questions-and-answers-mental-capacity-act-2005/>.

## What else will we do?

We will carry out a series of simple tests. One of the tests is the squeeze test. We will check how quickly your flesh springs back after your hand, arm and foot are lightly squeezed. We will find out if these are good indicators of dehydration. Other tests include:

- Asking you whether you drink first thing in the morning
- Taking your blood pressure sitting down, and then standing up if you are able to
- Looking to see if your lips are dry
- Whether you are feeling out-of-sorts
- Questions about how clearly you are thinking
- Questions about drinking, and about going to the toilet
- Asking you for a sample of urine (if possible)
- We will also see what happens when you are offered a drink

## Will any other information be recorded?

We will ask your care home manager to tell us about the medicines you take, any recent or current health problems, how your weight has changed over the past 6 months, and the help you need for personal tasks like dressing and going to the toilet. We will also ask you questions about your previous jobs, and where you used to live.

## What are the risks?

Some people find blood tests painful and sometimes a blood test causes bleeding or bruising, but we will work to prevent this. When we ask you to stand up to take your blood pressure we will make sure you are safe, supporting you if necessary, and ensure you have your walker or a stick if you need them.

## What will I gain from involvement?

We hope you will enjoy the interview, and aim to make it pleasant and friendly. You will be helping other older people as we learn to recognise dehydration. If you participate you will be offered a £10 voucher or equivalent gift to say "thank you" for your help with the study. The results of your blood and urine tests, and your blood pressure, will be given to your care home manager and your GP, helping to improve your health.

