



DRIE study newsletter number 10

Dehydration Recognition in our Elders

DRIE study progress. Thank you to everyone who helped us with the DRIE study. We interviewed 200 people living in care homes, asked questions and did a range of tests to see which tests identify whether people are drinking enough. We found that a set of three tests (called a decision tree) seems useful in diagnosing dehydration (dehydration is when people are not drinking enough).

The next stage is to double-check this decision tree, so we need to interview a further 200 people in the next stage of the study, DRIE 2.

The DRIE 2 study (Dehydration Recognition In our Elders – retest) is just beginning and has recruited its first 3 participants (welcome!). It is similar to the original DRIE study - we will interview residents, ask questions and do some examinations (including blood and urine tests). If you live in a care home and took part in DRIE we will not be able to include you in DRIE 2, sadly, but you may know other people living in your home who would like to be part of DRIE 2. If so, please let us know! If you are a care home who took part in DRIE we will be in contact soon to ask if you have any residents who may be interested in DRIE 2. An information sheet about DRIE 2 is enclosed.

As well as DRIE 2, we are carrying out **1-year and 2-year follow up interviews for the original DRIE study** so we look forward to seeing you soon!

Congratulations to those who took part in Nutrition & Hydration

week 2014! Afternoon tea was celebrated around the world on 19th March as part of Nutrition and Hydration week (17-23 March 2014) and many of you took part. Well done to all of you, including **Amberley Hall in Kings Lynn**, who were highlighted in the newsletter (enclosed)! There are also some great cake recipes to download from the website (<http://nutritionandhydrationweek.co.uk/>).



Staff training around drinking and hydration.

Are you interested in drinking and hydration but not sure where to start? Lee will run

a free 1-hour hydration training session for you and your care staff, with certificates for attendance. Please contact Lee (l.hooper@uea.ac.uk) to book a session. We will be running further training in how to identify dehydration, and more on how to help older people to drink well, after the end of DRIE 2.

Thinking about Drinking. Diane is meeting with groups of people in care homes (residents, their families and care staff) asking about what they think will help people to drink well and what they think may make this difficult at times. Diane is also finding out about other projects which have investigated ways of helping older people living in residential care to drink well. The results of both studies will help us develop ways of supporting people to drink better.



Sharing information on drinking and hydration. Lee and Diane want to spread the knowledge we are gaining through our work with you to make sure that as many people benefit from it as possible. To do this we are:

- Speaking to care homes and groups linked to care homes locally (like Enrich)
- Publishing scientific papers to inform the scientific community
- Talking about our work with the general public, other researchers (in the UK and in Europe), a parliamentary working party on dehydration and NHS England
- Acute Kidney Injury (AKI) is a serious medical condition, made worse by dehydration. Results from DRIE are helping prevent AKI (via NHS England).

Please email or phone Lee if you would like copies of the papers and/or abstracts, and details of all of these will be on the DRIE website soon.

Let's celebrate hydration!

Be a published author! We would love to hear from you about the drink or drinks you enjoy most, and why. Write us a paragraph on your favourite drink, why you enjoy it, your name and address. We will publish it in the next newsletter. We look forward to hearing from you.

To catch up on DRIE, see the website at <http://driestudy.appspot.com/>. Care homes participating in DRIE are named, but not individual participants. You will find information on DRIE, and can download the information sheets and study protocol from this site. The website doesn't yet cover DRIE 2 (though it will soon) as Lee's son Robin, who keeps the website up to date, is doing his exams at the moment. We should be up to date again by the end of June 2014. If you want to add information on hydration in your care home let us know!

Thank you for all your help with our research! Drink well,

