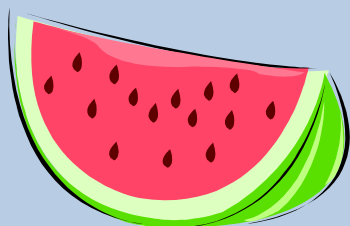




### ***Did you know.....***

Fruit and vegetables often contain lots of water?



Watermelon, oranges, strawberries, cucumber and cabbage are especially good.



**UEA**  
University of East Anglia

# **DRIE Study**

*Dehydration Recognition In our Elders*

# **Newsletter**

*number 11, September 2014*

## **DRIE-2 has started!**

DRIE-2 follows on from the original DRIE study. In this second study we are testing a combination of the most useful tests in a new group of care home participants to make sure that it works well.

It is very similar to the original DRIE study - we are asking people living in care homes if they would like to help us. Those people taking part are interviewed by either Lee or Diane. We ask some questions and do some examinations (including blood pressure, blood and urine tests). The interview takes about an hour, and most people seem to enjoy it – these are some of the comments that our participants have told us:

*Made me think about  
the amount I drink!*

*How do you know all these  
things unless you ask?*

Unfortunately, we cannot include anyone who took part in the original study, but we are enjoying meeting everyone again as we do our 1-year and 2-year follow-up visits.

## **Thinking about Drinking!**

Over the summer, Diane has been meeting with groups of people in care homes (residents, their families and care staff) asking about what they think helps people to drink well and what kinds of things can make this difficult at times. She has had lots of interesting conversations and is currently comparing what everyone is saying to try and find some common themes.



## Food facts

### *Did you know...*

Some foods have lots of water in them too?

Soups



Ice cream



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## FISE Study (Fluid Intake in the Elderly)

Many of you may remember Florence who joined us for a year whilst she worked with residents to develop a diary to record how much they were drinking. She found that:

- people drank more between meals (before breakfast, morning coffee, afternoon tea and early evening after supper)
- residents who take medications often drink more, as they have water to help swallow their pills

The Drinks Diary is free to download from:

<http://www.uea.ac.uk/medicine/research/research-evidence-studies/drinks-diary>, why not give it a try?

## EDWINA

### (Eating & Drinking Well in Dementia)

Eating and drinking well is often difficult for people living with dementia, and this can cause ill health and stress. In EDWINA we searched for all studies that have tried different ways to improve food or drink intake of people with dementia.

Asmaa has joined us for this study, and after extensive searching, we found 74 studies which have investigated a variety of ways to improve eating and drinking. Strategies to improve eating and/or drinking in people with dementia ranged from providing different types of finger foods, increased exercise, education and even introducing a fish tank into the dining room! Some studies have reported a positive effect and some didn't report any effect. For example the American study that introduced an aquarium in the dining area found that it had a positive effect on resident's body weight! We will be looking at the studies in more detail to answer specific questions to identify what works in people with dementia.

**Thank you to everyone who has helped with all these research projects, which will make a difference to the lives of many people.**