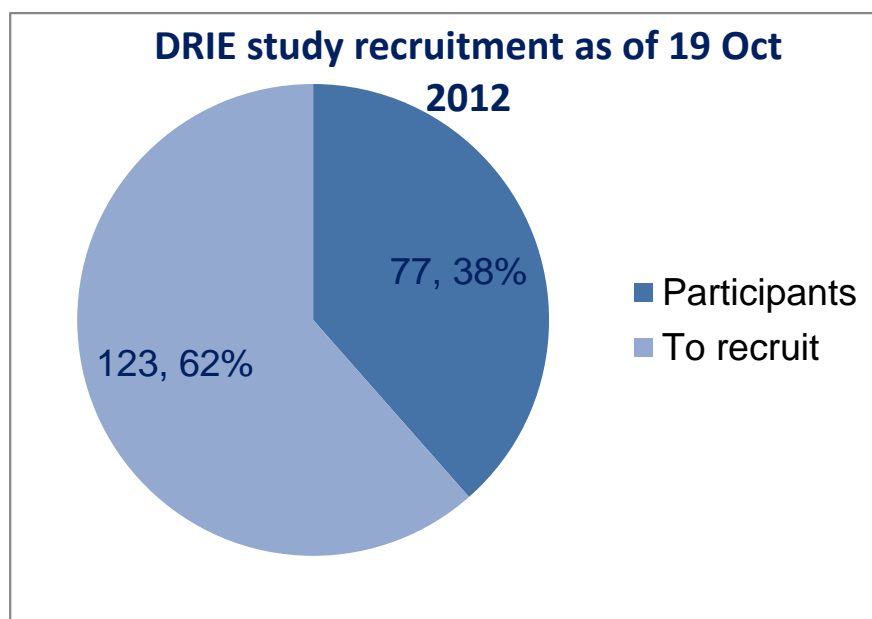


Newsletter number 4, Oct 2012

DRIE Study Newsletter

Dehydration Recognition in our Elders



Recruitment. We have recruited and collected data from over 1/3 of the 200 people we aim to recruit to DRIE! We have met many delightful residents, staff and relatives along the way – thank you all!! All of our participants have been intensely generous with their time and energy, and we are very grateful. We will use the information you have provided to create a really useful method of checking whether older people are drinking enough fluid (water, tea, coffee, milk, squash, soup etc). This will help keep older people healthy.

Certificates: one of our care homes suggested that we produce a certificate for participating homes. If we have completed our interviews with you, but you have not yet had your certificate, please contact us – we will send it along!

New care homes: we are looking for new care homes who would like to work with us – if you know of anyone please pass on our details!

Observing drinks: as part of DRIE we observe residents drinking, noting how much they drink, what they are offered etc. Florence Jimoh is a student who has started working with us to make these observations and will often talk to residents taking part in DRIE and stop for a chat outside of the interviews we do. Information on Florence can be found on the DRIE website. She will be doing her own research alongside DRIE on measuring how much people drink.

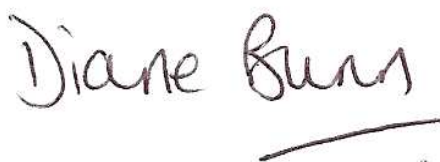
Protocol changes. We have applied for ethics permission to make some small changes to DRIE. These include:

- Recruiting new residents at care homes where we have already interviewed – so we would ask care homes if they have new residents who may be interested in DRIE, then approach anyone who may be suitable.
- Altering our leaflets to be more accurate about the time taken for each interview – we take about 75 minutes (which is what we say to everyone), but the paperwork says interviews will take up to 60 minutes (not quite right). We always offer participants a break after 45-50 minutes.

If you have new residents in a care home who may be interested in participating in DRIE please contact Lee – we would approach them only once the ethics committee agree this is appropriate.

DRIE website at <http://driestudy.appspot.com/>. All our care homes are named, but not individual participants. To correct or update care home information please let Lee know - you may add links to DRIE on your website. You will find information on the study researchers and steering committee, and can download the latest information sheets or study protocol from this site.

Thank you to all our participants, relatives and staff for all your help to DRIE so far!



Warming drinks: A delicious and warming drink for autumn is hot apple juice, with added cinnamon. Works well as a Halloween party warmer or to encourage jaded appetites in the afternoon.

Timetable of Meetings

We have now finished our first data collection in **Ellacombe, Hill Grove, Delph House, The Beeches, Alexandra House, Bay Tree House, Furze Hill House, Heathfields, Mountfields, Ailwyn Hall, Icen House, Munhaven, Feltwell Lodge, Broadacres, Amberley Hall, Aylsham Manor, Broadlands, Cedar House, Austhorpe House, Larchwood, Alexander Court and Buckingham Lodge**. Thank you all! We hope to be approaching you in a few months to ask whether you have any new residents who may be interested in participating in DRIE.

These are the dates and times for the homes we are planning to visit soon (or are already working in). The agreed dates are now:

Care Home	Information Day	Invitation Day	Interview Day(s)
St Edmunds	Tuesday 2 nd October	Wednesday 10 th October	Monday & Tuesday 29 th & 30 th October
Somerley	Thursday 11 th October	Monday 22 nd October	Friday 9 th November & Thursday 15 th November
Westfields	Friday 12 th October	Tuesday 23 rd October	Tuesday & Wednesday 6 th and 7 th November
Rose Meadow	Wednesday 24 th October	Thursday 1 st November	Wednesday & Thursday 28 th & 29 th November
Harker House	Friday 26 th October	Friday 2 nd November	Monday & Tuesday 12 th & 13 th November
Mildred Stone	Tuesday 30 th October	Monday 5 th November	Monday & Tuesday 19 th & 20 th November
Woodlands	Wednesday 31 st October	Thursday 1 st November	Friday 7 th & Monday 10 th December
Sydney House	Thursday 8 th November	Wednesday 14 th November	Monday & Tuesday 26 th & 27 th November
High Haven	Tuesday 13 th November	Friday 16 th November	Tuesday & Wednesday 4 th & 5 th December
Rebecca Court	Thursday 15 th November	Friday 16 th November	Friday 30 th November & Monday 3 rd December
Clere House	Monday 7 th January	Tuesday 8 th January	Thursday & Friday 17 th & 18 th January

Dehydration Recognition In our Elders Study - DRIE

Researchers: Lee Hooper and Diane Bunn, l.hooper@uea.ac.uk, 0781 391 7444

Info day - Discussion about the study with care home residents, staff and relatives

↓ A few days later

Invitation to residents to participate, informed consent for those interested with capacity, letter to consultees of those who wish to participate but without capacity

↓ 2 weeks later

Researchers meet with those care home residents who wish to take part. The interview will take 75 minutes in resident's own bedroom. It will include:

- A blood sample (taken with a syringe, to check if you need more fluid or not)
- Some questions about how you feel now, what you like to drink, how you sleep, whether you go to the toilet in the night, whether you feel anxious etc
- Some simple tests including blood pressure, pulse, weight, height, looking at your mouth and skin for dryness, squeezing your hand to see how it responds and a check of your urine.
- We will also ask your care home manager for information about your current and recent health, physical abilities, weight changes and how you seem today to them.

↓ 1 year later

Researchers will ask you some quick questions about how you feel
They will ask your care home manager about your weight, health & physical abilities

↓ 1 year later

Researchers will ask your care home manager about your weight, health & physical abilities



→ We will use this information to develop a simple method to help us see when older people are becoming dehydrated.

→ We will use this information to understand the longer term effects of dehydration for older people.