

Newsletter number 6, February 2013

# DRIE Study Newsletter

## Dehydration Recognition in our Elders

**“Time for a Cuppa” and “Nutrition and Hydration Week” in March**

Winter seems to have been going on forever – maybe it is time to **have a bit of fun**, a drinking event! You may be interested in these campaigns. One is the Dementia UK **“Time for a Cuppa”** campaign week from 1<sup>st</sup> to 8<sup>th</sup> March 2013, which encourages individuals and groups to hold a tea party and raise money for Dementia UK. By registering on their website

(<http://www.timeforacuppa.org/>) there are several useful resources to download (**posters, bunting, recipes, a quiz, game, and word-search**).

The other week is the NHS **Nutrition and Hydration week** “A taste of patient safety”, from 18<sup>th</sup> to 24<sup>th</sup> March 2013. The website provides access to a variety of free training **webinars** (web-based seminars), including “hydration matters”, “Eat well”, and others on patient safety, acute kidney injury and fluid chart recording. (<http://www.patientsafetyfirst.nhs.uk/Content.aspx?path=/Campaign-news/nutrition-and-hydration-week-2013/>). It also highlights activities including a **walk around**, asking relatives and friends to **“come dine with me”** and making a **nutrition & hydration pledge** (you get a certificate).

We have attached a sheet of further **resources** which may be useful – **posters, activities, quizzes, toolkits** and loads of **information and advice**. Why not enter for the **Care Home Nutrition and Hydration Award** (

[awards.co.uk/categories/the-care-home-nutrition-and-hydration-award](http://awards.co.uk/categories/the-care-home-nutrition-and-hydration-award))? The full list with links is on the DRIE website.

**Warming drinks:** A warming drink for late winter is fruit cordial, elderflower cordial or lemon squash with hot water – makes a cheerful alternative to tea.

**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!



**Florence Jimoh**, our volunteer and masters student is going to be carrying out some research on how much we drink (once she gets ethical approval). Her study is called **Fluid Intake Study in the Elderly (FISE)**, and she will be asking some of the residents who take part in DRIE (the main dehydration study) if they would like to record what they drink for a day. She is trying to develop a Drinks Diary that will make recording what we drink easier. She

will also be asking staff to record what the participant is drinking over the same period, and also weighing their drinks herself! This research will help us to find out the best way of recording drinks in care and nursing homes, and will also help us to understand how much older people really do need to drink.

**Care Quality Commission** – some homes have commented that working with the DRIE study receives positive comments in the inspection, so we have certificates for participating care homes and the full list (<http://driestudy.appspot.com/homes.html>) is on the DRIE website. All our care homes are named, but not individual participants. To correct or update care home information please let Lee know. You will also 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!**



A handwritten signature in black ink that reads "Lee Hooper".

A handwritten signature in black ink that reads "Diane Burns" with a horizontal line underneath.

