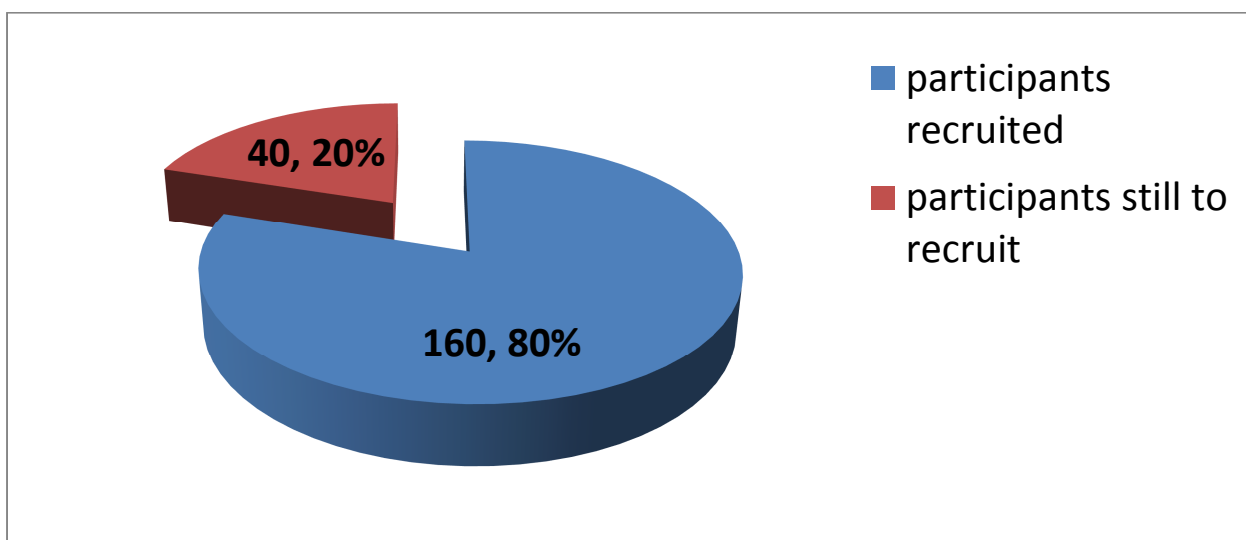




# DRIE Study Newsletter

## Dehydration Recognition in our Elders Study recruitment at 80%!



**Do you have a friend who would like to take part in DRIE?** If so, please let Lee know on 0781 391 7444 – we are keen to find our last 40 participants!

### Some DRIE study statistics:

- We have worked in 45 care homes, and are currently working in a further 15
- Participants are aged 65 to 105, and come from all walks of life
- We started recruiting in April 2012 and will finish in July 2013 (16 months)
- We recently began our 1-year follow up visits for the first participants
- We will get an idea of which tests really tell who is drinking enough in October
- We have interviewed and included 160 people, all living in Norfolk or Suffolk
- Our participants are the most generous and kind people, thank you all!

## How much should I drink?

Florence Jimoh is researching alongside the DRIE team, assessing how much we all drink each day. This is what she says: “European guidelines suggest that men should drink 2.0 and women 1.6 litres of drinks each day. For men this is about 11 teacups or 8 half-pint glasses. For women this is 9 teacups or 6 half-pint glasses. When the weather is hot or you are active you will need to drink more.”



If you would like to take part in Florence’s study then let her know: call her on 07733389801 or email [O.Jimoh@uea.ac.uk](mailto:O.Jimoh@uea.ac.uk) by the end of June.

## It is getting warmer, how can I drink a bit more to help stay hydrated?

Whether you are 16, 66 or 106, drinking plenty will help you feel and look your best.

- Don’t wait until you feel thirsty – have a drink every 90 minutes
- That is at least 8 large drinks (mugs) or 12 small drinks (cups) each day
- You don’t have to drink water – drink what you like drinking, including coffee, tea, squash, milk, water, fruit juice, lemonsade, smoothies
- Have a drink, then have another
- Ice cream, jelly, iced lollies, yogurt, custard, milk puddings, soup and stews are all rich in fluid, so have plenty of these to help to keep you hydrated
- If you drink alcohol then drink more non-alcoholic drinks to compensate
- Enjoy your drinks – make them a friendly time to have a chat with a friend, choose a drink you like, and have your drink in a special cup or mug

## What will happen at the 1 year follow up?

Lee and Diane look forward to catching up with our participants at the 1 year follow up. When we visit at 1 year we will ask each participating resident how they are at the moment (taking 5-10 minutes) and we will ask the care home manager how our participants have been over the past year and how they are now (taking 5-10 minutes per participant). We will not need another blood test. If you have been being weighed each week we will collect this information.

**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.

