

Development of a simple tool for diagnosis of water-loss dehydration: a diagnostic accuracy and cohort study

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Discussion about the study with care home residents, staff and relatives, then informed consent for care home residents who wish to participate

2 weeks later

Researchers will meet with those care home residents who wish to take part. The interview will take 30-60 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, a check of your urine and an electrical test to check for fluid (BIA)

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 tool to help us see when older people are becoming dehydrated.

We will use this information to understand how dangerous dehydration is for older people.