

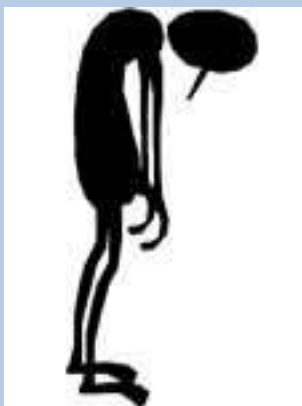


### ***Did you know.....***

We only need to lose 1% of body water to be dehydrated?



Feeling thirsty is a later sign of dehydration – so have a drink!



Headaches and tiredness are often due to dehydration.



# **DRIE Study**

*Dehydration Recognition In our Elders*

# **Newsletter**

*number 8, September 2013*

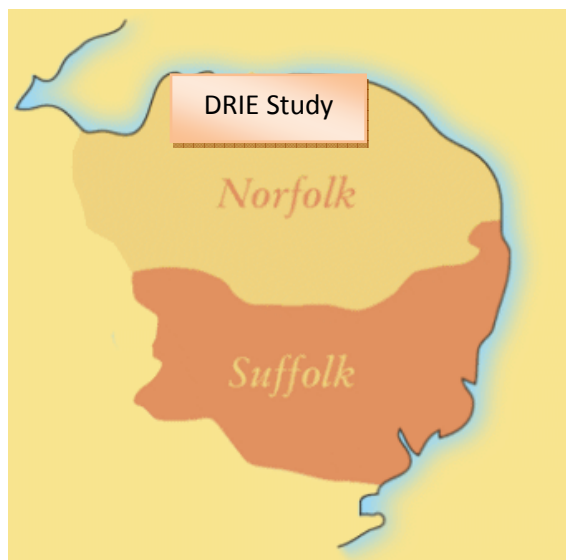
## **Phase 1 is complete!**

This summer we have successfully completed the 200 baseline interviews we needed for the study.

Thank you so much to everyone who has helped along the way, but especially the participants and the care-home staff who have given their time and support, we really could not have done it without you.

The next phase is to start looking at the mass of information which we have collected, but we can already report that:

- We have included 200 residents from 56 care homes in Norfolk and Suffolk
- There are 133 women and 67 men.
- Our oldest participant is 105, and the average age of all our participants is 85 years.





## Tea facts

### *Did you know...*

70% of the UK population had at least one cup of tea yesterday?

80% of office workers claim that they find out what's going on over a cup of tea!

98% of us drink tea with milk, and 30% with sugar.



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## 1 year follow-up visits

All our participants are visited again after one year, to find out how they are. This is a very short interview, lasting about ten minutes, and we just ask a few short questions. We also ask the care staff for some further information, and we collect the weight charts for those residents who agreed to be weighed weekly for the year.

We are really enjoying going back and catching up with people once again – doesn't a year go quickly?!

## Advisory Groups

The DRIE study is supported by four Advisory Groups, whose members are residents and care home staff. The role of these groups is to provide insight, advice and support from another perspective. The groups are based in care homes and meet about 3-4 times per year.

We are looking to form one more staff group and another resident group – would you be interested? It involves 3-4 meetings (lasting about 1 hour) per year, at your care home. Please contact Diane (01603 591699, or email: [d.bunn@uea.ac.uk](mailto:d.bunn@uea.ac.uk)) if you would like to know more – she would love to hear from you!

## FISE Study

### *Fluid Intake Study In our Elders*

A big 'THANK YOU' to all care staff and residents who helped with the completion of the Drinks Diary. We could not have done it without you!

The results of the study showed that the Drinks Diary can provide an accurate estimation of how much people drink. We found out that nearly half (43%) of the people who completed the Drinks Diary were still not drinking enough and these were mostly women. Most people drink more between meals, and for those taking medications, this provides another opportunity to have a drink to help with swallowing.

We hope this information helps and it encourages you to drink more. Cheerio!