

# HYDRATION CHANGE PACKAGE

## **Welcome to the Hydration change package.**

The aim of the hydration change package is to provide guidance to support the delivery of good hydration for residents in care home settings. A change package consists of a number of high-level outcomes supported by activities that when tested and implemented, bring about improvement. It brings together what is known about best practices and processes based on evidence from literature, research, and the experiences of others.

## **Why have we developed this change package?**

This change package is for care homes participating in hydration improvement work. It will support teams to use quality improvement methods to improve hydration in their service.

## **How it was developed?**

This change package was co-designed and co-produced with care home staff, Care Home Collaborative (CHC) Nurses and CHC Improvement advisors using resources created by the I-Hydrate project team and the University of West London (2019)

## **What is included in this change package?**

Fishbone Diagram

Change ideas

Guides, tools and signposts to the supporting evidence and examples of good practice, and  
Guidance to support measurement

### **Guidance on using this change package**

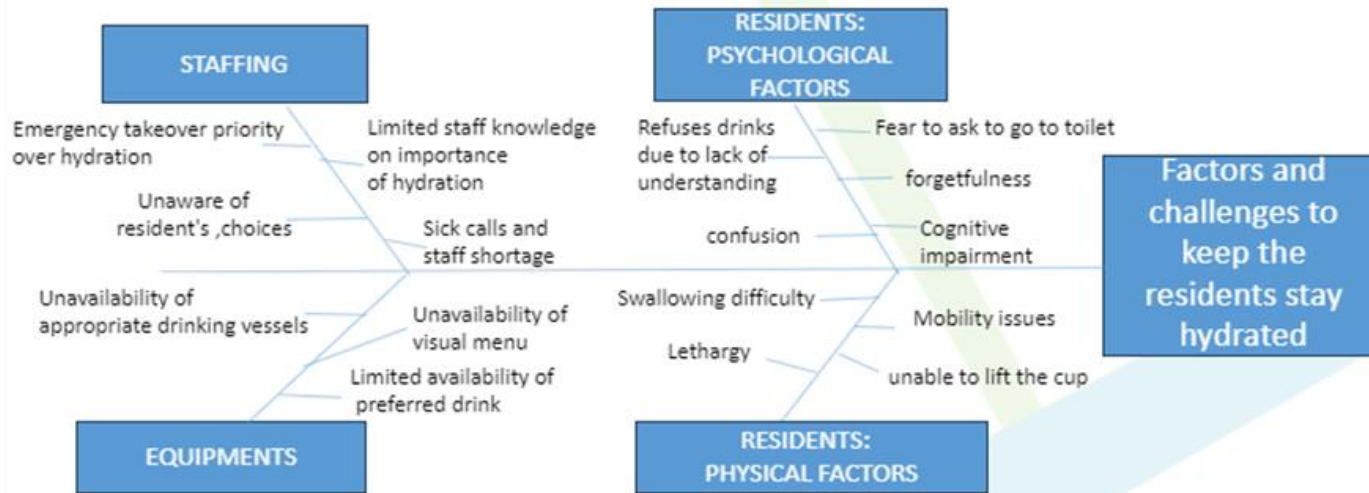
This change package is a resource to support care homes to promote adequate hydration. It is not expected for teams to work simultaneously on all aspects of the Fishbone diagram. It is designed to assist teams in the identification of areas for improvement relevant to their local context. The change ideas and measures are not exhaustive and it is expected that teams will develop their own to support their identified areas for improvement. We would encourage teams to seek support from their local quality improvement teams in the development of additional measures if required.

**What is a fishbone diagram?** A fishbone diagram is a visual problem-solving approach that uses a fish-shaped diagram to model possible root causes of a problem and troubleshoot possible solutions. It is also called an Ishikawa diagram, after its creator, Kaoru Ishikawa, as well as a herringbone diagram or cause-and-effect diagram. It is used to help understand the system, develop aims and test change ideas.

### **Why use it?**

- To allow your team to explore the possible reasons, root causes and possible solutions for a problem
- To visually represent the reasons, root causes and possible solutions for a problem
- To help identify change ideas and develop an improvement plan
- To enable your team to focus on content of the problem, not on the history or differing personal interests

## Fishbone Tool



**Change ideas** are specific practical changes the project team can test to see if they make a difference. Project teams should select change ideas to implement. This change package does not contain an exhaustive list of change ideas. Project teams can also generate their own change ideas that will help drive improvement.

## Resources

Introductory resources are available on the [Care Home Collaborative](#) website. Please get in touch for further information and access to the full change pack and all resources.

I-Hydrate Project [The I-Hydrate Project \(uwl.ac.uk\)](#)