

## **2.6 NHSGGC Hydration Policy Guidance:**

Below are the key points extracted from the NHSGGC **draft Hydration Policy**:

- All NHSGGC staff with domestic and clinical patient contact have a duty of care to support patients to access adequate levels of fluid during their stay in hospital
- All patients (where clinically appropriate) must have access to fresh drinking water, preferably chilled
- Within Mental Health in patient wards patients are provided with water at mealtimes and periodically as they wish through the day and night, many patients are ambulant thus are able to get their own drinks / water as able
- All patients (where clinical appropriate) should have access to a wide range of beverages.
- Both water and beverages **MUST** provide patients (where clinically appropriate) with the opportunity to consume at least 1.5 litres per day
- The ability to maintain independent hydration can change constantly and should be considered and reviewed regularly
- Assistance, advice and encouragement should be provided with fluid choices and findings documented within the patients notes
- Fluids must be easy to handle for patients and left within reach where appropriate
- Patients who require assistance with fluids must be identified and appropriate assistance and/or equipment given.
- If concerns are raised about a patient's fluid intake they should be commenced on a fluid recording chart
- Fluid intake and output should be recorded accurately and in a timely manner on the patients' fluid recording chart
- Fluid recording charts should be monitored as part of routine patient care and findings escalated when appropriate
- Optimal hydration of hospital patients should be a top priority in ward routines.