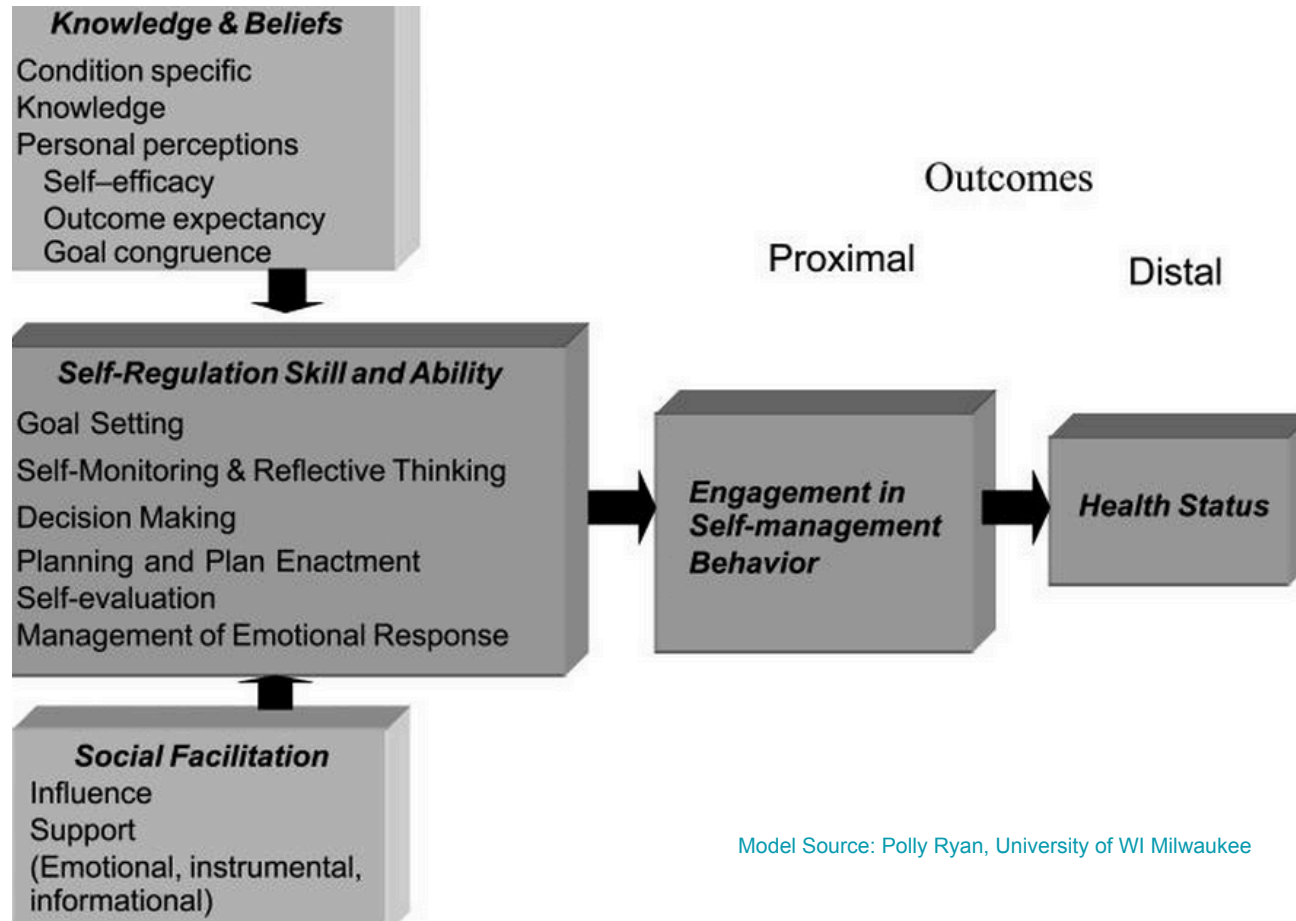




CLINICAL USE ONLY: HYDRATION COACHING STEPS

Tools for building a good hydration habit

ADAPTING HEALTH BEHAVIOR CHANGE MODEL FOR HYDRATION



Model Source: Polly Ryan, University of WI Milwaukee

GETTING BUY IN

Step 1 – Review signs of good hydration

- Discuss general knowledge of hydration with older adult
 - Everyone has unique hydration target
 - The long term benefits of good hydration:
 - Reduced chances of Urinary Tract Infection and Kidney Stones
 - Better manage Diabetes
 - Help avoid dry skin and constipation
- Check for prescribed fluid restrictions (caution on drinking too much, as well)
- Discuss early symptoms of dehydration
 - Mood, energy, alertness, headaches
- Discuss observations and barriers
 - Frequency of urinating, urine color (refer to urine color chart)
 - Concerns of incontinence or too many trips to bathroom, etc.
 - Don't like drinking plain water
- Is the older adult willing to use the AquaTally and track how much they drink closely for a couple of weeks?
 - Reasons for older adult to use AquaTally:
 - A visual reminder of daily intake that raises awareness
 - Helps build daily routine
 - Improves accuracy and simplifies tracking intake

HOW IT WORKS

Step 2 – Begin Self-monitoring

- Show the older adult how the AquaTally works
 - Refer to “How It Works” instructions and Frequently Asked Questions
- Ask them to track how much they are currently drinking each day
 - Consider using the daily tracking card template provided for recording daily intake and how they felt
- Agree on a time to review how much they drank as preparation for setting a goal together
- Review suggestions to manage common issues (availability of preferred drinks, mobility, difficulty swallowing, incontinence, avoiding salty foods, etc.)

SET GOAL

Step 3 – Setting goals and planning

- Based on review of how much the older adult has been drinking and the older adult's hydration indicators (how they felt, urine color, frequency, etc.), set a goal for fluid intake
- The goal for intake may still not be ideal, but work toward positive progress
 - Example: If a person is only drinking 3 cups a day and should be drinking 10, it may be easier to set a short-term goal of drinking 6 cups per day vs. increasing to 10 cups all at once.

EVALUATE RESULTS

Step 4 – Providing support

- Check in during the next visit(s)/call. Was the person able to meet their new goal and did they see improvement in decreasing symptoms common with mild dehydration?
- Is the person happy with their progress?
- Do they have any concerns?

WORK TOWARDS MORE PROGRESS

Step 5 – Achieving near-term goal of managing fluids

- Congratulate them on progress and use the improvement of any negative symptoms as motivation for further progress
- Discuss and agree on how often to follow up together
- Work toward longer-term goal of improved health outcome from good hydration