



## Service Priorities and Programmes Electronic Presentations

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### **Add tastes to Life: Providing Alternatives to Drinking Water for infirmary patient**

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#### **Keywords:**

Dehydration

oral fluid intake

lack of taste of the fluid

Minimize subcutaneous drip

provided the choice

providing alternatives

#### **Introduction**

Dehydration is common in elderly residents due to insufficient oral fluid intake. Intravenous or subcutaneous fluid replacement is provided subsequently. However, elderly suffer from pain and increased risk of infection. According to the feedback from residents, care givers and health care providers, one of the reasons of insufficient fluid intake is due to lack of taste of the fluid, plain water with tea, honey or apple juice and reduce subsequent infusion.

#### **Objectives**

(1) Increase oral fluid intake for elderly infirmary patient. (2) Minimize subcutaneous drip treatment.

#### **Methodology**

Patients on oral feeding in two infirmary wards were provided the choice of apple juice, honey and Chinese tea besides plain water since July 2016. The amount of daily fluid intake was recorded and compared with the amount before implementation.

#### **Result**

The average amount of daily fluid intake per patient was increased 20% per day. Number of intravenous or subcutaneous infusion was reduced two times/two weeks/two wards.

Also, the feedback from residents, care givers and health care providers were positive. 70% of residents, 90% of care givers and 90% of health care providers supported to continue the program.

Oral fluid intake of elderly residents could be increased by providing alternatives of drinking fluid and the condition of dehydration and subsequent intravenous or subcutaneous fluid replacement could be reduced.