

National Quality Improvement Conference

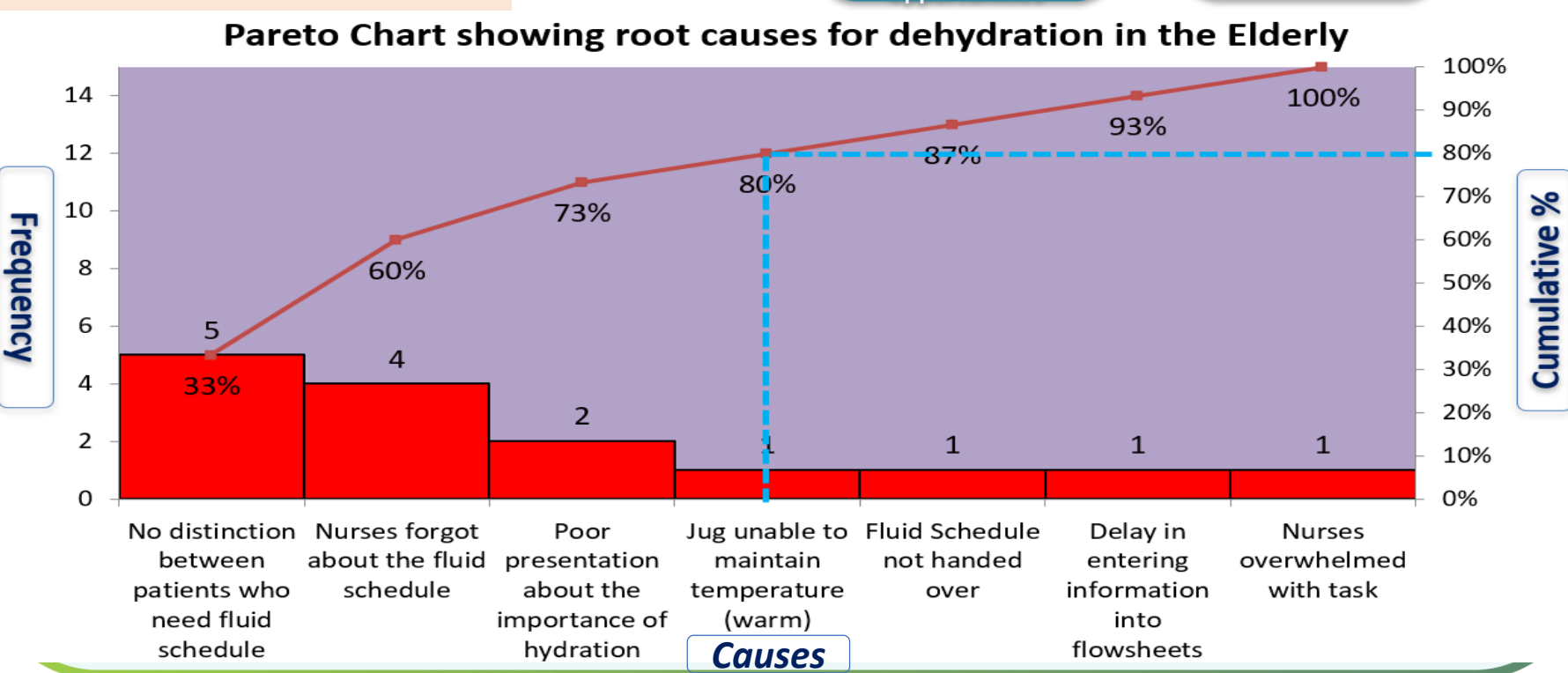
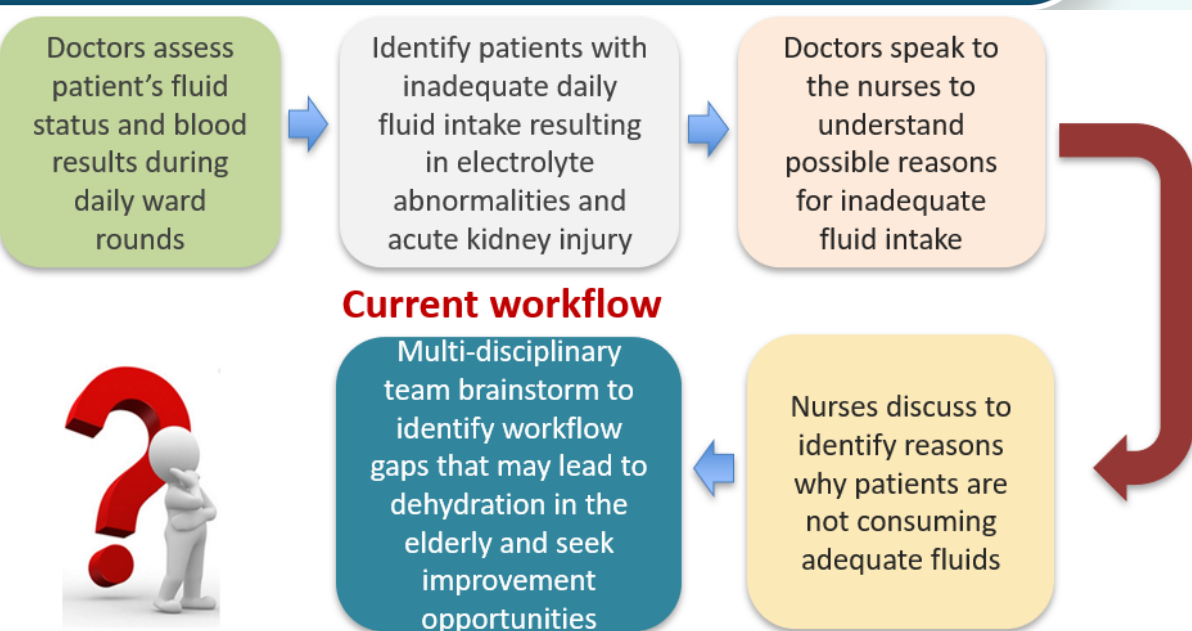
Improve hydration among frail older adults in an acute geriatric ward

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Problem Statement

80% of our patients in w63C are frail older adults with multiple medical conditions, physical and cognitive disability, as well as complex care needs, they are at risk of dehydration. A baseline study identified that only a mean proportion of <15% met the target of consuming 1000mls of fluids per day.

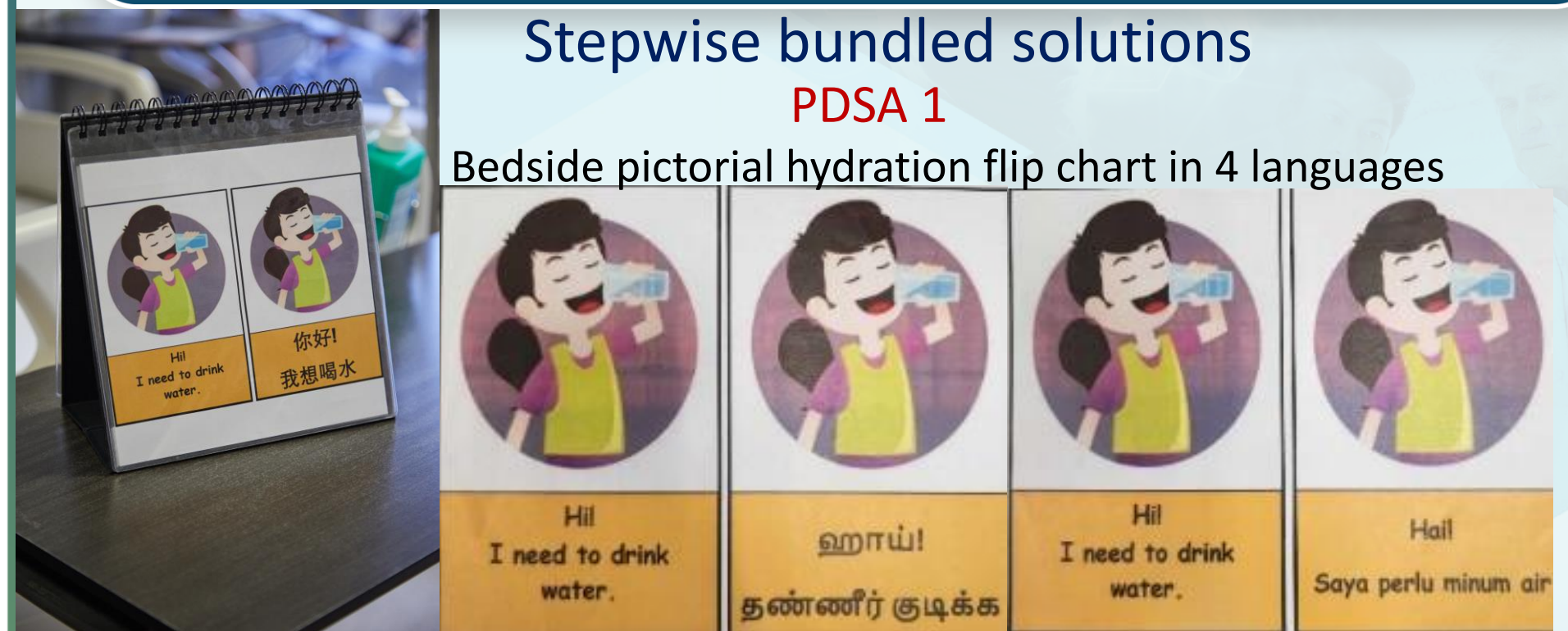


Potential Solutions

Stepwise bundled solutions

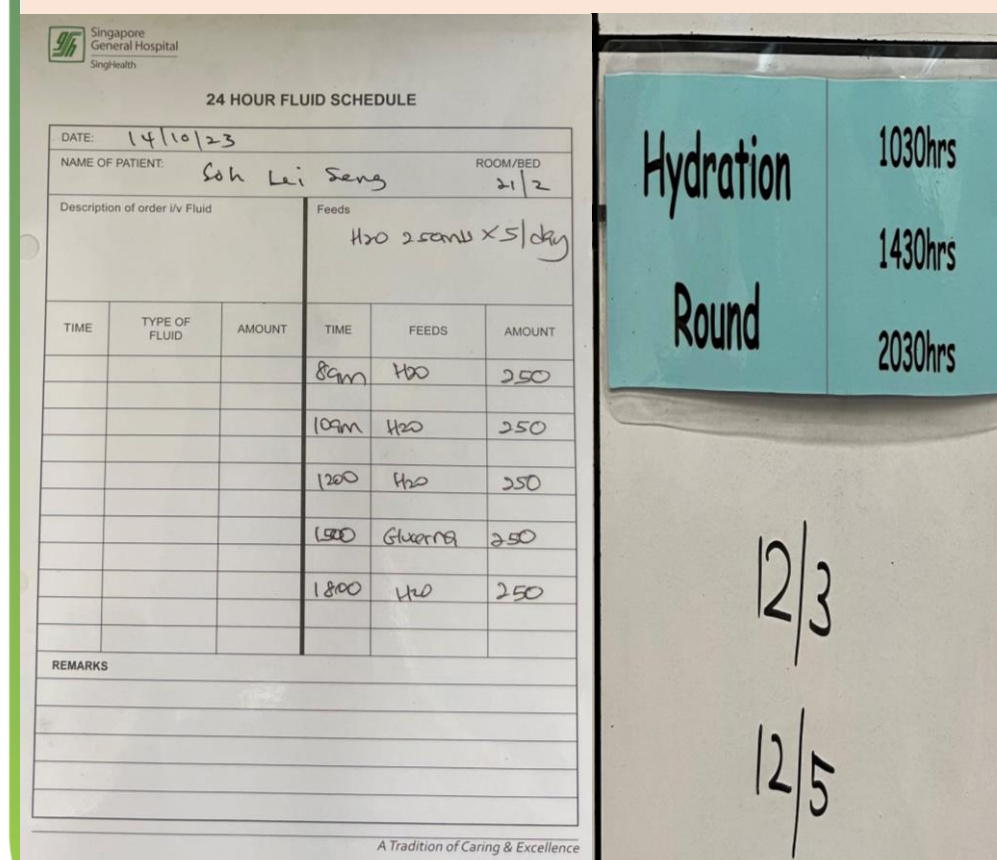
PDSA 1

Bedside pictorial hydration flip chart in 4 languages



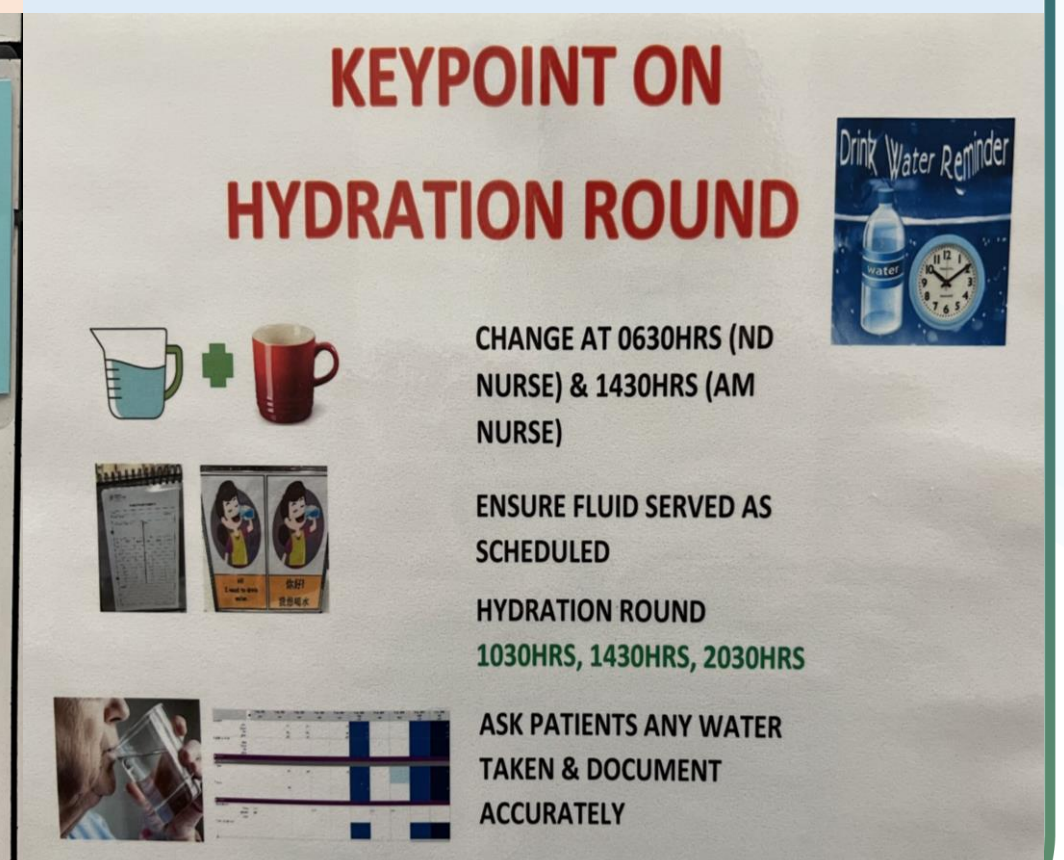
PDSA 2

Individualised bedside fluid schedule chart + hydration rounds with visual reminders



PDSA 3

Poster reminder placed at nursing counters



Project Aim

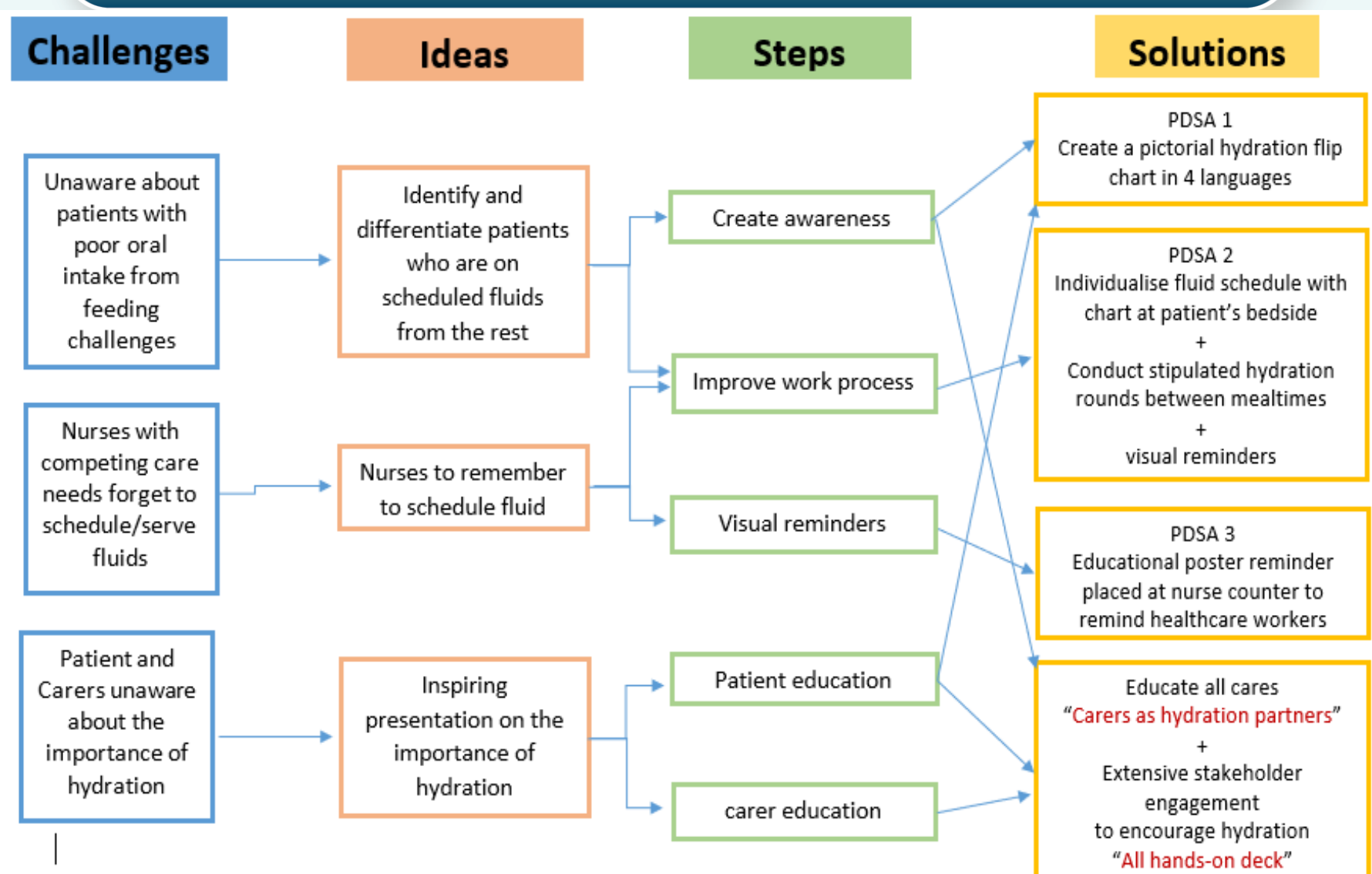
To prevent dehydration in the elderly as part of patient safety and quality care

- | Inclusion Criteria | Exclusion Criteria |
|------------------------|-------------------------------|
| ✓ > 65years old | ▪ <65 years old |
| ✓ No fluid restriction | ▪ On Fluid restriction |
| ✓ Able to take orally | ▪ On any form of tube feeding |

Mission Statement

To Improve the percentage of patients who meet adequate daily fluid requirement (at least 1L/day) from 15 % to 60 % in Ward 63C over 3 months

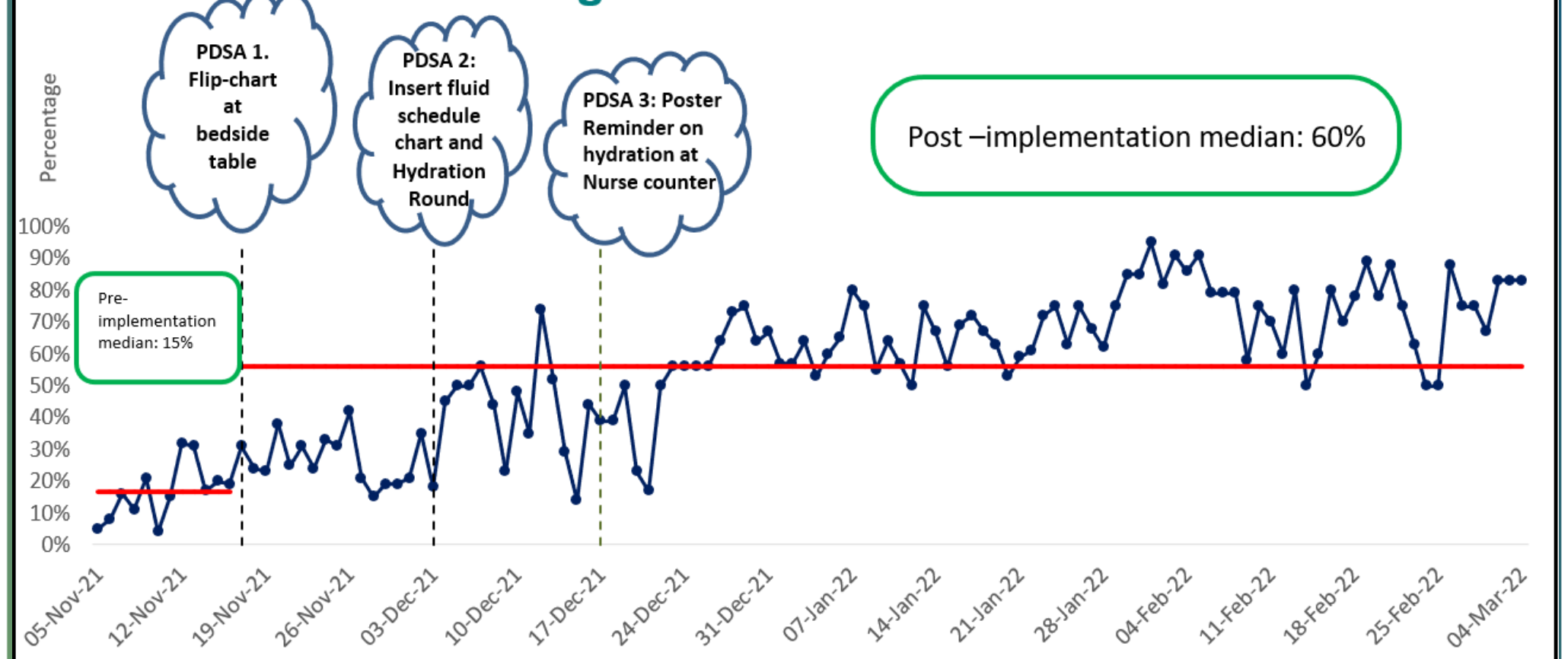
Lessons Learnt



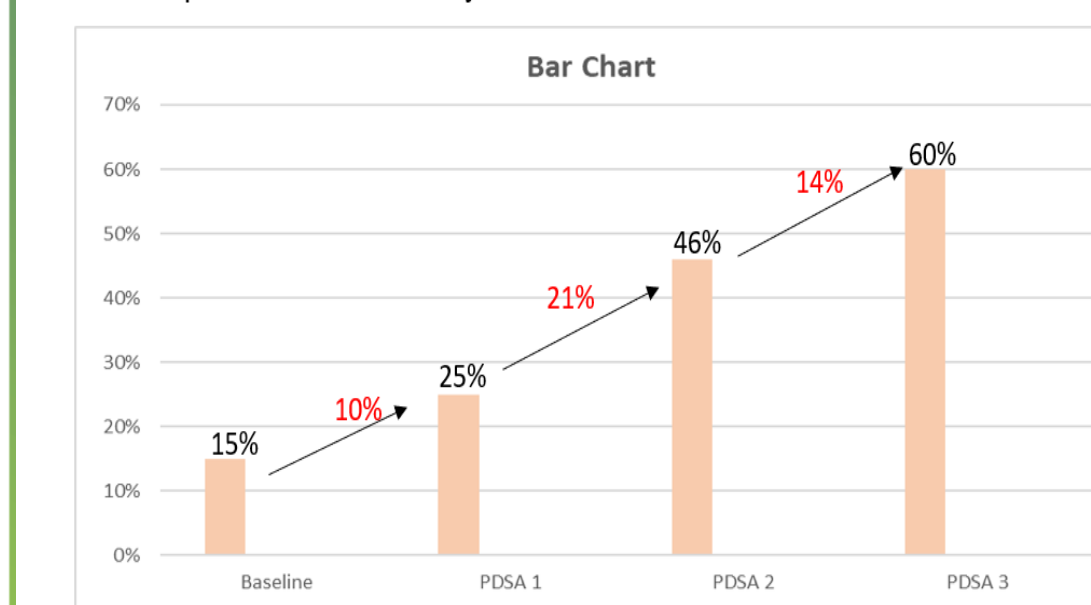
Interprofessional collaboration is key to ensure patient safety and quality care!

Outcomes & Impacts

Tangible results obtained



Bar chart illustrates an improvement in percentage of older adults meeting adequate fluid requirements after every intervention and the breakdown of the results.



- ✓ Dehydration reduces cognitive performance in the elderly and impairs wound healing.
- ✓ Adequate hydration among elderly inpatients led to a reduction in:
 1. Usage of restrainers among confused elderly from 7.5% to 3.1%
 2. Incidence of hospital acquired pressure injuries from 9% to 3.1%
- ✓ The medical and nursing team were satisfied with the value of our new initiatives and embraced it positively.

The project has sustainable effects and spun-off new initiatives:

- ✓ Other ward nurses are encouraged to adopt these interventions for quality care of the elderly
- ✓ "Carers as hydration partners" - Shared in the Singapore health publication
- ✓ Educational material for Patient's family on **Caring for elderly: Prevent Dehydration**