

Hydration of older adults in long-term care

Population	Older adults in long-term care
Intervention/Exposure	Monitored hydration programs
Comparator	Usual care
Outcomes	QoL; healthcare expenditure; clinical outcomes; frequency of falls

Interview Details:

Why did you choose this topic and why is it important to you?

- Their relative, who had Alzheimer's disease, sometimes demonstrated belligerent and uncooperative behavior.
 - Behavior appeared to improve with water intake leading them to be more cooperative, clearer, and have improved balance.
- They feel patients in long-term care homes are not encouraged to regularly drink enough fluids.
- There is limited research on dehydration in older people.

What do you hope to learn from researching this topic?

- Discover impacts of hydration on older adults, including QoL, falls, incident reports, hospital admissions.

Who needs to know about the findings?

- Policy-makers
- Advocacy groups
- Elderly people
- Long-term care providers

Is there anything that you feel a panel of patients, caregivers, healthcare providers, and policy-makers should keep in mind when reviewing this topic?

- Patients in long-term care homes face many challenges, especially related to their QoL.
 - A slight improvement in mood, balance, and cognitive function can make a difference in the life of someone in long-term care.

Anything else you would like to share?

- Dissemination of findings can include:
 - Sharing packages with long-term care homes.
 - Sharing findings at conferences.
 - Informational videos for policy-makers.

Feasibility Assessment Results

Summary:

No reviews were identified during the scoping literature search.

Conclusion:

There is scope to conduct further research in this area.