Dehydration in the hospitalized elderly

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Introduction: Mild dehydration is common and it is usually caused by an insufficient fluid intake throughout the day. People are continuously losing liquids through sweating, breathing and urine. Others causes that lead to a loss of body water are diarrhea, vomiting, physical activity, fever or burns.

Inadequate fluid intake during hot weather or when performing physical exercise can deplete body water levels. On the other hand, people suffering from a chronic disease or undergoing drug treatments are more susceptible.

Method: We developed a care plan to maintain hydration, prevent dehydration and also to explore the prevalence of dehydration, evaluated by objective pa-