



Healthy Hydration References

- [1] Heung, V., Ng, T., Yee, H. & Fong, B. (2021). *Understanding dehydration in the elderly*. CAHMR Working Paper Series No. 1, Issue 1, 2021. Hong Kong: The Hong Kong Polytechnic University, College of Professional and Continuing Education, School of Professional Education and Executive Development, Centre for Ageing and Healthcare Management Research. Retrieved May 10, 2022. <http://weplib.cpce-polyu.edu.hk/apps/wps/assets/pdf/cw20210101.pdf>
- [2] Nagae, M., Umegaki, H., Onishi, J., Huang, C. H., Yamada, Y., Watanabe, K., Komiya, H., & Kuzuya, M. (2020). *Chronic Dehydration in Nursing Home Residents*. *Nutrients*, 12(11), 3562. <https://doi.org/10.3390/nu12113562>
- [3] Menten, J. C., & Gaspar, P. M. (2020). *Hydration Management*. *Journal of Gerontological Nursing*, 46(2), 19–30. <https://doi.org/10.3928/00989134-20200108-03>.
Menten, J. & Gaspar, P. (2019). *Hydration Management*. (H. K. Butcher & R. M. M. Maas, Eds.). *Series on Evidence-Based Practice Guidelines*, Iowa City, IA: The University of Iowa College of Barbara and Richard Csomay Center for Gerontological Excellence. Guideline retrieved June 20, 2022. https://csomaycenter.uiowa.edu/sites/csomaycenter.uiowa.edu/files/2022-05/2019_Hydration%20Management%20%28Guideline%29.pdf
- [4] Picetti, D., Foster, S., Pangle, A. K., Schrader, A., George, M., Wei, J. Y., & Azhar, G. (2017). *Hydration health literacy in the elderly*. *Nutrition and Healthy Aging*, 4(3), 227–237. <https://doi.org/10.3233/NHA-170026>
- [5] Bunn, D. K., & Hooper, L. (2019). *Signs and Symptoms of Low-Intake Dehydration Do Not Work in Older Care Home Residents-DRIE Diagnostic Accuracy Study*. *Journal of the American Medical Directors Association*, 20(8), 963–970. <https://doi.org/10.1016/j.jamda.2019.01.122>
- [6] Medical Dictionary by Farlex (2003-2022). Retrieved May 10, 2022. <https://medical-dictionary.thefreedictionary.com/>
- [7] Dorner, B., & Friedrich, E. K. (2018). *Position of the Academy of Nutrition and Dietetics: Individualized Nutrition Approaches for Older Adults: Long-Term Care, Post-Acute Care, and Other Settings*. *Journal of the Academy of Nutrition and Dietetics*, 118(4), 724–735. <https://doi.org/10.1016/j.jand.2018.01.022>

- [8] Paulis, S., Everink, I., Halfens, R., Lohrmann, C., & Schols, J. (2018). *Prevalence and Risk Factors of Dehydration Among Nursing Home Residents: A Systematic Review*. *Journal of the American Medical Directors Association*, 19(8), 646–657. <https://doi.org/10.1016/j.jamda.2018.05.009>
- [9] Mayerson, D., Urbshott, J., Thompson, K., et al (2019). *Best Practices for Nutrition, Food Service and Dining in Long Term Care Homes*. A Working Paper of the Ontario LTC Action Group 2019. Dietitians of Canada. www.dietitians.ca.
- [10] Robinson, G. E., & Cryst, S. (2018). *Academy of Nutrition and Dietetics: Revised 2018 Standards of Practice and Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Post-Acute and Long-Term Care Nutrition*. *Journal of the Academy of Nutrition and Dietetics*, 118(9), 1747–1760.e53. <https://doi.org/10.1016/j.jand.2018.06.007>
- [11] Hydration Critical Element Pathway, Surveyor Resources Folder. (2017). Centers for Medicare and Medicaid Services (CMS). Retrieved June 16, 2022. <https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/GuidanceforLawsAndRegulations/Nursing-Homes>
- [12] Masot, O., Lavedán, A., Nuin, C., Escobar-Bravo, M. A., Miranda, J., & Botigué, T. (2018). *Risk factors associated with dehydration in older people living in nursing homes: Scoping review*. *International Journal of Nursing Studies*, 82, 90–98. <https://doi.org/10.1016/j.ijnurstu.2018.03.020>
- [13] Steele, S. J., Ennis, S. L., & Dobler, C. C. (2021). Treatment burden associated with the intake of thickened fluids. *Breathe (Sheffield, England)*, 17(1), 210003. <https://doi.org/10.1183/20734735.0003-2021>
- [14] Thomas, M. (2020) *Why is dehydration a problem in older patients and care home residents?* *Nursing Times* [online]; 116: 8, 45-48. Retrieved on June 20, 2022. <https://www.nursingtimes.net/clinical-archive/nutrition-and-hydration/why-is-dehydration-a-problem-in-older-patients-and-care-home-residents-06-07-2020/>
- [15] Johnson, P., & Hahn, R. G. (2018). *Signs of Dehydration in Nursing Home Residents*. *Journal of the American Medical Directors Association*, 19(12), 1124–1128. <https://doi.org/10.1016/j.jamda.2018.07.022>
- [16] Rodrigues, S., Silva, J., Severo, M., Inácio, C., Padrão, P., Lopes, C., Carvalho, J., do Carmo, I., & Moreira, P. (2015). *Validation analysis of a geriatric dehydration screening tool in community-dwelling and institutionalized elderly people*. *International Journal of Environmental Research and Public Health*, 12(3), 2700–2717. <https://doi.org/10.3390/ijerph120302700>
- [17] Rosi, I. M., Milos, R., Cortinovis, I., Laquintana, D., & Bonetti, L. (2022).

Sensitivity and specificity of the new Geriatric Dehydration Screening Tool: An observational diagnostic study. Nutrition (Burbank, Los Angeles County, Calif.), 101, 111695. Advance online publication.
<https://doi.org/10.1016/j.nut.2022.111695>

- [18] State Operations Manual. Appendix PP. *Guidance to Surveyors for Long Term Care Facilities*. Retrieved on June 27, 2022.
<https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/GuidanceforLawsAndRegulations/Downloads/Appendix-PP-State-Operations-Manual.pdf>
- [19] U.S. Department of Agriculture (USDA): *What's In The Foods You Eat Search Tool, 2017-2018* (online). Retrieved on June 21, 2022.
<https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/whats-in-the-foods-you-eat-search-tool/>
- [20] Volkert, D., Beck, A. M., Cederholm, T., Cruz-Jentoft, A., Goisser, S., Hooper, L., Kiesswetter, E., Maggio, M., Raynaud-Simon, A., Sieber, C. C., Sobotka, L., van Asselt, D., Wirth, R., & Bischoff, S. C. (2019). *ESPEN guideline on clinical nutrition and hydration in geriatrics*. Clinical Nutrition (Edinburgh, Scotland), 38(1), 10–47. <https://doi.org/10.1016/j.clnu.2018.05.024>
- [21] Masot, O., Miranda, J., Santamaría, A. L., Paraiso Pueyo, E., Pascual, A., & Botigué, T. (2020). *Fluid Intake Recommendation Considering the Physiological Adaptations of Adults Over 65 Years: A Critical Review*. Nutrients, 12(11), 3383. <https://doi.org/10.3390/nu12113383>
- [22] Academy of Nutrition and Dietetics. Nutrition Care Manual, 2021. Retrieved on August 1, 2022 (membership required to access).
<https://www.nutritioncaremanual.org/>
- [23] Cook, G., Hodgson, P., Hope, C., Thompson, J., & Shaw, L. (2019). *Hydration practices in residential and nursing care homes for older people*. Journal of clinical nursing, 28(7-8), 1205–1215. <https://doi.org/10.1111/jocn.14727>

Additional References

- Bruno, C., Collier, A., Holyday, M., & Lambert, K. (2021). *Interventions to Improve Hydration in Older Adults: A Systematic Review and Meta-Analysis*. Nutrients, 13(10), 3640. <https://doi.org/10.3390/nu13103640>
- Jimoh, O. F., Brown, T. J., Bunn, D., & Hooper, L. (2019). *Beverage Intake and*

Drinking Patterns-Clues to Support Older People Living in Long-Term Care to Drink Well: DRIE and FISE Studies. *Nutrients*, 11(2), 447.

<https://doi.org/10.3390/nu11020447>

Beck, A. M., Seemer, J., Knudsen, A. W., & Munk, T. (2021). *Narrative Review of Low-Intake Dehydration in Older Adults.* *Nutrients*, 13(9), 3142.

<https://doi.org/10.3390/nu13093142>

Reber, E., Gomes, F., Dähn, I. A., Vasiloglou, M. F., & Stanga, Z. (2019). *Management of Dehydration in Patients Suffering Swallowing Difficulties.* *Journal of Clinical Medicine*, 8(11), 1923.

<https://doi.org/10.3390/jcm8111923>

Marra, M. V., Simmons, S. F., Shotwell, M. S., Hudson, A., Hollingsworth, E. K., Long, E., Kuertz, B., & Silver, H. J. (2016). *Elevated Serum Osmolality and Total Water Deficit Indicate Impaired Hydration Status in Residents of Long-Term Care Facilities Regardless of Low or High Body Mass Index.* *Journal of the Academy of Nutrition and Dietetics*, 116(5), 828–836.e2.

<https://doi.org/10.1016/j.jand.2015.12.011>

Herke, M., Fink, A., Langer, G., Wustmann, T., Watzke, S., Hanff, A. M., & Burckhardt, M. (2018). *Environmental and behavioural modifications for improving food and fluid intake in people with dementia.* *The Cochrane database of systematic reviews*, 7(7), CD011542.

<https://doi.org/10.1002/14651858.CD011542.pub2>