



DEPARTMENT OF ECONOMIC SECURITY

Your Partner For A Stronger Arizona

TRANSMITTAL DATE: April 11, 2014
TOPIC: Important Information about Dehydration

Sent on Behalf of DES/DDD Business Operations

From the DES/DDD Quality Assurance Unit

HOT TOPICS VENDOR BLAST
DEHYDRATION

Please direct any questions/comments regarding the Hot Topics Vendor Blast to:

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*Previous vendor blasts, newsletters, bulletins, Health & Safety Information Fact Sheets
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<https://www.azdes.gov/landing.aspx?id=2668>

HOT TOPICS: Dehydration

Dehydration happens when the amount of fluid leaving the body is greater than the amount going into the body. Losing too much fluid can be life-threatening.

What to WATCH for:



- DRY SKIN
- DRY MOUTH
- EXTREME THIRST
- TIRED, WEAK, or DIZZY
- DARK COLORED URINE WITH OR WITHOUT A STRONG SMELL

People at INCREASED RISK include Individuals:



- In need of help drinking or getting drinks
- Unable to communicate that they are thirsty
- Refusing food or fluids
- Experiencing increased loss of body fluids
 - sweat • vomit • drool • diarrhea • urine
- Taking medication that cause loss of fluids
 - diuretics (water pills) • some behavioral health medications
- Having medical conditions, such as kidney disease or diabetes

WHAT TO DO:



- Notify a Doctor to the possibility of dehydration and specific fluid intake requirements
- Increase fluids when in the heat for extended periods of time
- Ensure individuals in your care are drinking proper amounts of water each day
- Frequently offer liquids or food high in fluids, such as gelatin or watermelon
- Individuals with fluid restrictions may need more liquids in hot weather months
 - call or set an appointment with their medical provider to adjust the fluid restriction amounts
- If you are thirsty and getting a drink — offer one to those you support, too!

EMERGENCY:

NOTIFY THE DOCTOR IMMEDIATELY IF ANY OF THE FOLLOWING OCCUR:



- UNABLE TO TAKE FLUIDS SAFELY
- EXTREME THIRST
- CONFUSION
- LITTLE OR NO URINE OUTPUT