

Wet your whistle with water hydration education module improves staff knowledge and attitudes

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Enhancing Life

Introduction

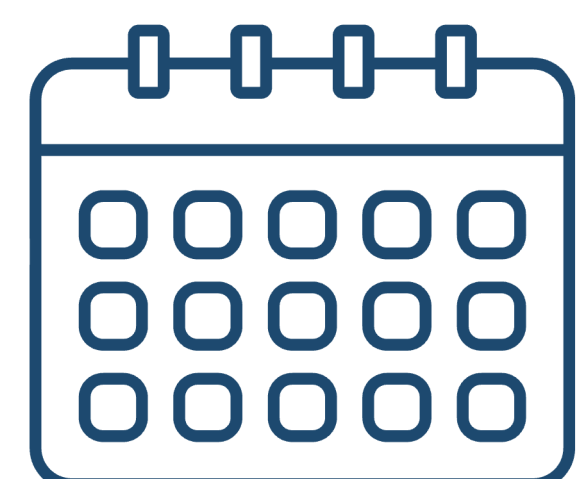


- Dehydration is a complex and recurrent issue among older adults in residential care homes.¹
- Care team members such as nurses, personal support workers (PSW), dietary aides, and recreation staff provide direct care and play an essential role in maintaining adequate hydration in residents.²

Objective

To design, deliver, and evaluate a hydration education module for care team members to increase their knowledge and improve attitudes on **the importance of hydration, barriers to drinking in older adults, and tips and strategies to promote fluid intake**

Methods



- A 10-minute **education module** was created using an online video creation platform (Powtoon.com, Inc.) in collaboration with University of Waterloo, Schlegel Villages and Schlegel-UW Research Institute for Aging.
- The education module was imbedded within an online survey (Qualtrics XM) with pre- (n = 7 items) and post-questionnaires (n = 7 items) for evaluation.
- The survey link with the education module and questionnaires was distributed to Schlegel Villages' retirement and long-term care homes between **September 30** and **November 30, 2021**, through an employee portal and advertised using physical posters placed in common areas of the homes.
- **Wilcoxon signed rank** and **McNemar tests** were used to examine the change in pre- and post-questionnaire responses.

Results

- **132 participants** completed the education module, with the majority being **PSW (n=41)** and **nursing (n= 34)**.
- Care team members felt increased confidence in preventing dehydration in residents (**W = 1038, p = <0.001**).
- Post-education, 24% of participants who provided the wrong answer on pre-test, provided the correct answer to the fluid requirement item (**McNemar's chi-squared = 24.735, p = <0.001**).
- The hydration education module led to a significant change in team member and leadership knowledge and attitudes on hydration in residents.

Conclusion



Hydration-specific educational training can be effective for **increasing knowledge** and **improving attitudes** of team members and leaders in residential care homes.

References: 1. Jimoh et al. 2019. *Nutrients*, 11(2):447. 2. Bunn et al. 2015. *JAMDA*, 16(2):101-113.

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