

Internal memo

To: Don Farmer, Wairarapa Times Age

From: Jill Stringer

Date: 7 January 2004

Subject: Dehydration

CC:

Don,
As per our conversation:

Signs and symptoms of dehydration

Lack of concentration, headache, (start fluid replacement NOW)
nausea, dizziness, faintness
Progressing to cramps, confusion and disorientation.

Best indicator of dehydration is urine output and colour – if you're not peeing every few hours, and your urine is dark coloured, you need to drink something immediately.

Adults should drink 2-3 litres a day (that's 8-12 glasses / cups of fluid a day)
- more if you're working/sweating outdoors.

Try pinching the skin on the back of your hand to make a ridge in the direction of your fingers – it should go flat when you let go. If it stays up in a ridge, you're too dry – drink some fluid straight away.

If you're out and about – take a drink bottle
If you're sweating, you should be drinking
Elderly people need to keep up their fluid intake in the afternoon

Can use both me and Carl Gihon, Clinical Nurse Leader of the Emergency Department as quoting any of the above.

Thanks for following up on this
Cheers
Jill

This memo may contain information that is confidential and which maybe subject to legal privilege. If you have received this memo in error, please return to department, persons by mail.

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