

Hydration E-learning Toolkit: Section 2 Resources

Name of resource	Type of resource	Brief summary of resource	Developed by	Online link
Good Hydration! Part 2	Video	Spotting the signs of dehydration	Oxford AHSN	https://www.youtube.com/watch?v=N8LaeOGSPjM
Good Hydration! Part 4	Video	Covers hydration in relation to medicines, kidneys and urine	Oxford AHSN	https://www.youtube.com/watch?v=ypQ-cU9XLPk
Dehydration: Possible signs	Poster	Possible signs of dehydration	KSS AHSN	https://archive.kssahsn.net/what-we-do/moderating-demand/Hydrate/Documents/Poster%202.pdf
Good hydration practice	2-page handout	Taken from the Hydrate Toolkit - covering assessment, hydration tips, and when to start a fluid chart	Wessex AHSN, KSS AHSN, NE Hants & Farnham CCG	https://wessexahsn.org.uk/img/projects/Good%20hydration%20practice.pdf
Mouth Care Matters	Guidance, posters and videos	Excellent information about maintaining good mouthcare, including posters and videos	Health Education England	https://mouthcarematters.hee.nhs.uk/links-resources/mouth-care-matters-resources/
ROC Hydration Care Assessment Tool	Assessment tool	Tool which categorises people into green, amber or red to indicate the level of support they require from a carer to stay adequately hydrated. There is a small annual license fee	Hydration Care Consultancy	https://www.hydrationscareconsultancy.co.uk/roc-hydration-care-assessment-tool/
Droplet intelligent hydration kit	Smart cup	Smart base with an interchangeable mug and tumbler. Droplet can be set to beep or say a pre-recorded voice prompt every 20, 40 or 60 minutes to remind someone to drink	Spearmark Ltd	https://www.droplet-hydration.com/

* Please note that whilst a link to the full Drinkit resource has been provided, individual PDFs have been created from this resource, to simplify the information for the reader of the hydration E-learning toolkit. This information has been supplied by the University of East Anglia, January 2020



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