

References

- Bhanu, C., Avgerinou, C., Kharicha, K., Bauernfreund, Y., Croker, H., Liljas, A., Rea, J., Kirby-Barr, M., Hopkins, J., & Walters, K. (2020). 'I've never drunk very much water and I still don't, and I see no reason to do so': a qualitative study of the views of community-dwelling older people and carers on hydration in later life. *Age and Ageing*, 49(1), 111–118. <https://doi.org/10.1093/ageing/afz141>
- British Dietetic Association (2023). *The Nutrition and Hydration Digest 3rd edition*. British Dietetic Association (BDA). <https://www.bda.uk.com/practice-and-education/nutrition-and-dietetic-practice/the-nutrition-and-hydration-digest.html>
- 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>
- Care Quality Commission (2023). *Regulation 14: Meeting nutritional and hydration needs - Care Quality Commission*. <https://www.cqc.org.uk/guidance-providers/regulations/regulation-14-meeting-nutritional-hydration-needs>
- Godfrey, H., Cloete, J., Dymond, E., & Long, A. (2012). An exploration of the hydration care of older people: A qualitative study. *International Journal of Nursing Studies*, 49(10), 1200–1211. <https://doi.org/10.1016/j.ijnurstu.2012.04.009>
- Edmonds, C. J., Foglia, E., Booth, P., Fu, C. H. Y., & Gardner, M. (2021). Dehydration in older people: A systematic review of the effects of dehydration on health outcomes, healthcare costs and cognitive performance. *Archives of Gerontology and Geriatrics*, 95, 104380. <https://doi.org/10.1016/j.archger.2021.104380>
- El-Sharkawy, A. M., Devonald, M. A. J., Humes, D. J., Sahota, O., & Lobo, D. N. (2020). Hyperosmolar dehydration: A predictor of kidney injury and outcome in hospitalised older adults. *Clinical Nutrition*, 39(8), 2593–2599. <https://doi.org/10.1016/j.clnu.2019.11.030>
- Higgins, S., Baillie, L., Moorley, C., & Nolan, F. (2023). Person-centred oral hydration care for older people with dementia admitted to acute hospital wards: Empirical research qualitative. *Journal of Clinical Nursing*, 32(19–20), 7467–7482. <https://doi.org/10.1111/jocn.16807>
- Hooper, L., Abdelhamid, A., Attreed, N. J., Campbell, W. W., Channell, A. M., Chassagne, P., Culp, K. R., Fletcher, S. J., Fortes, M. B., Fuller, N., Gaspar, P. M., Gilbert, D. J., Heathcote, A. C., Kafri, M. W., Kajji, F., Lindner, G., Mack, G. W., Mentis, J. C., Merlani, P., ... Hunter, P. (2015). Clinical symptoms, signs and tests for identification of impending and current water-loss dehydration in older people. *Cochrane Database of Systematic Reviews*, 4. <https://doi.org/10.1002/14651858.CD009647.pub2>
- Lacey, J., Corbett, J., Forni, L., Hooper, L., Hughes, F., Minto, G., ... Montgomery, H. (2019). A multidisciplinary consensus on dehydration: definitions, diagnostic methods and clinical implications. *Annals of Medicine*, 51(3–4), 232–251. <https://doi.org/10.1080/07853890.2019.1628352>

21

References

- Leinum, L. R., Krogsgaard, M., Tantholdt-Hansen, S., Gögenur, I., Baandrup, A. O., & Azawi, N. (2023). Quality of fluid balance charting and interventions to improve it: a systematic review. *BMJ Open Quality*, 12(4), e002260. <https://doi.org/10.1136/bmjopen-2023-002260>
- Michie, S., van Stralen, M., & West, R. (2011). The behaviour change wheel: A new method for characterising and designing behaviour change interventions. *Implementation Science*, 6, 42. <https://doi.org/10.1186/1748-5908-6-42>
- Miller, C., Gibson, J. M. E., Jones, S., Timoroska, A.-M., Maley, A., Romagnoli, E., Chesworth, B. M., & Watkins, C. L. (2023). How is hydration assessed and managed in acute stroke? A qualitative study of healthcare staff's knowledge, attitudes and experiences. *Journal of Clinical Nursing*, 32(7–8), 1089–1102. <https://doi.org/10.1111/jocn.16332>
- Parkinson, E., Hooper, L., Fynn, J., Wilsher, S. H., Oladosu, T., Poland, F., Roberts, S., Van Hout, E., & Bunn, D. (2023). Low-intake dehydration prevalence in non-hospitalised older adults: Systematic review and meta-analysis. *Clinical Nutrition (Edinburgh, Scotland)*, 42(8), 1510–1520. <https://doi.org/10.1016/j.clnu.2023.06.010>
- Patient-Led Assessments of the Care Environment (PLACE) - NHS England Digital. (n.d.). NHS England Digital. <https://digital.nhs.uk/data-and-information/areas-of-interest/estates-and-facilities/patient-led-assessments-of-the-care-environment-place>
- Sanson, G., Marzinotto, I., De Matteis, D., Boscutti, G., Barazzoni, R., & Zanetti, M. (2021). Impaired hydration status in acutely admitted older patients: prevalence and impact on mortality. *Age and Ageing*, 50(4), 1151–1158. <https://doi.org/10.1093/ageing/afaa264>
- 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*, 38(1), 10–47. <https://doi.org/10.1016/j.clnu.2018.05.024>

22