

Ex 15. Complete the following statements made by an HCA to an RN about patients whose fluid intake is inadequate. Use the words from the box below

refusing	intake	drinking
not drinking	refuses	

1. Mrs Redding's _____ less than she was yesterday.
2. Mr Golding is _____ to drink any water.
3. Mrs Carter is _____ enough fluids at the moment.
4. Mr Greenaway _____ to drink anything.
5. She's got a very low fluid _____.

Dehydration

Dehydration is defined as a 1% or greater loss of body mass as a result of fluid loss.

This means that there is not enough water in the body for it to function properly.

There are signs which show that a patient has mild dehydration. These are:

- increase in confusion
- headaches
- tiredness
- skin which is less elastic or 'springy'
- eyes which appear to sink into the eye sockets