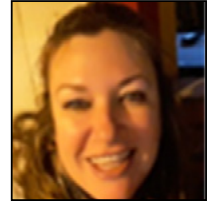




## Evaluation of elderly hydration in primary care

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### ABSTRACT

Hydration is essential for the body to perform its functions, reduces health problems and ensures well-being especially to the elderly.

**Objectives:** To evaluate hydration, provide health education on the importance of hydration and encourage the change of hydration behaviors of elderly assisted at the Basic Health Units of Vila São Jorge and Gonzaga located in Santos.

**Methodology:** This is a descriptive quantitative research guided by the Nursing Process. The investigation consisted of data collection through interviews conducted using a structured questionnaire and specific physical examination, guided by a script focusing on dehydration characteristics previously formulated based on nursing diagnosis: "Poor fluid volume" based on the NANDA-I 2018 Taxonomy. Concurrent with data collection and physical examination, guidance on hydration was provided.

**Results:** It was found that 34% of the elderly had the diagnosis Deficient fluid volume. The most common characteristics were dry skin (56%), dry mucous membranes (44%) and altered skin turgor (31%). The related factor: "Insufficient fluid intake" (44%) and the associated condition: "Pharmaceutical agent" prevailed in 25% of the elderly. The diagnosis Risk of poor fluid volume was present in 66% of the subjects because they fit the "extreme age" risk population.

**Conclusion:** It was possible to identify the diagnosis Deficient fluid volume in 34% of the subjects who participated in the study. It is a relevant condition, similar in both Basic Health Units.

**Final considerations:** Aspects related to hydration should always be considered during any and all care to the elderly due to the risk they present.

### BIOGRAPHY

Elizete R. Antonio. Nurse graduated from the Dom Domênico College of Nursing and Obstetrics (1986), Sanitary, with the title of specialist in Public Health provided by the Federal University of Santa Catarina (UFSC) in 1987, Master in Business Administration from the Faculty of Nursing of the University of São Paulo ( USP) in 2002. Lecturer at Centro Universitário Lusíada, (undergraduate in Nursing and Medicine, and postgraduate. Coordinates the Academic Center for Studies and Research in Collective Health and Nursing (NASCE), participates in the Group of Studies and Research in Nursing ( GEPE), develops studies in the area of Health and works mainly in the areas of Collective Health, with emphasis on Primary Care.

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