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Signs of North Carolina Nursing Home Negligence: Dehydration



Dehydration happens when the patient is losing more water than they are taking in.

Many nursing home residents do not drink enough water. Mostly, they do not recognize how much water they need. So, it is important that the nursing home encourage nursing home residents to drink as much water as possible. Again, this requires a PLAN by the nursing home.

THE PLAN

Making sure water is available;

Making sure the nursing home resident can drink the water (can they reach the cup; use the straw, pour the water; physically drink the water);

Making sure the nursing home is recording how much water the resident is drinking;

Making sure the nursing home is assisting the resident drinking the water.

Signs and symptoms of dehydration include:

- Decrease in urine output or constipation
- Increase in falls or problems with walking
- Significant weight loss
- Inability to sweat
- Dizziness or headaches
- Dry mouth and tongue
- Significant drop in blood pressure

* Steve Gugenheim (Left) and Benjamin T. Cochran (Right) pictured.