

# National Hydration Campaign

## Background

Urinary tract infection (UTI) is the most prevalent healthcare associated infection (HAI) within adult inpatient care in Scotland.<sup>1</sup> The recent Health Protection Scotland Point Prevalence Survey<sup>1</sup> (PPS) found that UTI accounted for almost a quarter of all HAIs (24.5%), with half of those patients having had a urinary catheter in situ within one week of onset of infection. Within non-acute hospitals, UTI represented 58.8% of all HAIs. Again, half of those patients had a urinary catheter in situ within one week of onset of infection.

In relation to UTI, the issues are multi-factorial. To date, much of the work around UTI has been focussed within the in-patient setting in terms of policy and guidance (IPC and antimicrobial prescribing and resistance). The Scottish Antimicrobial Prescribing Group (SAPG) has worked with stakeholders to provide tools and guidance to support clinical decision-making around prudent antimicrobial prescribing in both primary and secondary care. Quality improvement programmes aimed at reducing catheter associated UTI (CAUTI) have also been commenced supporting optimised device care using bundles with success measured in terms of reduced CAUTI rates and catheter usage. However, in order to elicit behavioural change, a multi-modal approach including strong leadership, effective training programmes and evidence-based guidance and interventions is required.

The Scottish Urinary Tract Infection Network (SUTIN) is launching a National Hydration Campaign in April 2018 which aims to convey the public health benefits of good hydration in terms of UTI prevention. Working collaboratively with national organisations including Health Protection Scotland, NHS Education Scotland, Care Inspectorate, Scottish Care, NHS 24, Scottish Antimicrobial Prescribing Group and Scottish Government, this campaign also supports other national health programmes where good hydration can be beneficial e.g. reduction in falls and pressure ulcers as well as frailty, delirium and acute kidney injury. This work also supports some of the indicators within the Excellence in Care programme, particularly the nutrition and hydration work.

This campaign will commence w/b 2nd April 2018 and will be two-fold: Firstly, it will be highlighted on posters in community pharmacies across 1,253 sites in Scotland. These posters focus on the benefits of good hydration and spotting the signs of dehydration. Secondly, a suite of campaign marketing materials will be distributed across health and social care providers in Scotland w/b 16th April to support staff with information around the effects of dehydration in terms of falls, UTI, pressure ulcers as well as the signs and symptoms of dehydration.

These materials are being distributed to the following areas via an agreed route:

- Acute/Community care – via Excellence in Care NHS Board Leads/Associate Nurse Directors
- Care Homes and Care at Home – via Integrated Leads within Scottish Care
- Community Pharmacists/GP's – via Community Pharmacists

Campaign materials include:

Resource	Recommended use
Dehydration leaflets	Recommended for public/patient use. These leaflets will form the basis of the Community Pharmacy Campaign.
Adult and child Infographic posters indicating the effects of dehydration	Recommended for use within a ward (or care home) setting to support frontline staff/carers in spotting the signs of dehydration and understand the effects of dehydration in both adults and children
Reducing the risk of UTI leaflet for care homes and carers	Intended for use in the care home setting, this leaflet gives information for carers in both a care home and care at home setting around preventing UTIs.
'Healthy pee' urine colour charts	This poster is recommended for the back of a toilet door and is intended to support the public around using the colour of their urine to indicate if they are dehydrated.
Fluid recording sheet to aide self management of fluid intake	This resource is intended to support individuals and/or their carers document how much fluid they have consumed. It is wipe-cleanable and acts as an aide memoire for the person. <b>It is not intended to replace a traditional fluid balance chart.</b>

You have been sent the campaign materials which were deemed most relevant to your area. We would ask that you distribute them as widely as you can within your organisation/health and social care partnership.

PDF versions of the Campaign materials are also available via the SUTIN webpage. See link below: <http://www.hps.scot.nhs.uk/haic/sutin.aspx>.

If you have any queries around the Campaign or would like to know more, please contact the SUTIN inbox on: [NSS.ScottishUTINetwork@nhs.net](mailto:NSS.ScottishUTINetwork@nhs.net).

Many thanks for your support with this Campaign!



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Chair, SUTIN



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## References

1. Health Protection Scotland. National Point Prevalence Survey of Healthcare Associated Infection and Antimicrobial Prescribing 2016. HPS 2017 [cited 2017 Jul 3]; Available from: URL: <http://www.hps.scot.nhs.uk/pubs/detail.aspx?id=3236>.