

## MDS Alert

### Quality Assurance ~ Improving Hydration Can Prevent These Common Clinical Problems

**Does the resident have any of these conditions?**

**Low hydration can cause a number of clinical issues, including a top problem in long-term care:** Constipation, which when left unaddressed, can lead to fecal impaction, a sentinel event.

You can resolve a large percentage of constipation with adequate hydration, says **Janet Mentes, ARNP, PhD, BC**, a nursing professor with **UCLA School of Nursing**.

In addition to constipation, the list of clinical conditions resulting from fluid deficit includes the following, notes **Marian Scharwachter**, CEO of provider platforms for **Myziva.com**.

Headaches

Pneumonia

Confusion

Hypotension

Electrolyte imbalance

Pressure ulcers

Falls

Fatigue