

Improving together

Kay Irvine
Patient partner



Think hydration

Overview

The importance of hydration for healing and wellbeing

The Trust's Think hydration campaign reminds staff and patients of the importance of hydration for recovery, healing and wellbeing.

Teams are encouraged to use every patient contact as an opportunity to offer a drink and provide support if needed, while talking to patients about how critical fluid intake can be to how they are feeling.

Through posters, training and education, teams are reminded to ensure each patient has a fresh drink, can reach their drink, has the correct utensils such as a straw and to provide assistance.

It is surprisingly easy for patients to become dehydrated as a consequence of their illness and so monitoring fluid intake should be a priority.

Nursing teams are also focused on educating the patient and their family on the need for adequate fluid intake.

My contribution

I am passionate about educating staff and patients, after experiencing a miraculous difference in my health when I was well hydrated.

Working in partnership with the Trust, we developed a campaign to help others understand the benefits of being properly hydrated as part of their treatment and care.

From the age of 50, I experienced four years of treatment for Myeloma, a form of blood cancer, suffering awful side effects including constant sickness and nosebleeds. After increasing my water intake, my side effects improved, I recovered sooner and I had more energy.

I hope my experience inspires others.

