older people, and suggest that physical signs may be more promising indicators.

Conclusion
Achieving optimal hydration is an essential part of holistic patient care. Maintaining fluid balance is important to avoid complications such as dehydration and overhydration, both of which can have serious clinical consequences.

The nurse caring for a particular patient is responsible for ensuring that fluid balance charts are recorded regularly and with accuracy, using the correct notation throughout. To promote adequate hydration, and safe and effective nursing care, nurses should always report any significant abnormalities identified in patients’ fluid record.

References