



Presenter: Lisa Isley

Session & Time: Oral_I / 11:00 to 11:20am

Room: Guzman 113

Discipline: Nursing

Faculty Mentor: Kendra Hoepper

ZOO link: <https://us06web.zoom.us/j/85743725434?pwd=g1w8szyqZjLAT45LtfqZNP9LdEbVWe.1>
ZOOM Passcode: DUC

Digital Portfolio URL:

Title: Exploring Physiological Factors Contributing to Dehydration in Seniors

Abstract:

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Background: Individuals over 65 years are at an increased risk of dehydration. The physiological changes that occur with age and medication consumption can cause fluid and electrolyte imbalances that can physically and mentally impair individuals over 65 years old.

Objective: By providing education to individuals over 65 years regarding the significance of

drinking water and consuming electrolytes daily, older adults can reduce their dehydration symptoms and improve their quality of life. **Method:** The proposed research is a quasi-experimental study geared towards individuals 65 years and older. The quasi-experimental study will include two pre-surveys and then two post-surveys. The survey tool implemented will be a standardized quality of life survey. The survey tool will measure the reported changes in the participants' quality of life before and after the participants receive education. **Results:** The study has yet to be conducted and the data has yet to be collected. The anticipated results will be that the participants will demonstrate improved quality of life after receiving the education. **Conclusion:** The older adults who received the education will be able to identify the signs and symptoms of dehydration and understand how to improve their hydration status. The educational modules will help increase the participants' awareness and reduce the symptoms of dehydration. The education will improve the older adults' overall health and quality of life.

Keywords: *elderly population, dehydration, electrolyte imbalances, total body water, intracellular water, systematic review, hydration status, water balance, diuretics, dysphagia, thirst, nocturia, and frailty.*