

## Hydration: Facility Did Not See That Resident's Needs Were Met, Civil Monetary Penalty Upheld.

A resident of a skilled nursing facility had been placed on the Focused Hydration List for increased fluid intake because she had a urinary tract infection.

Survey inspectors found, however, no documentation that even her baseline daily need for 1500 cc was being met.

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***Federal regulations require a nursing facility to provide each resident with sufficient fluid intake to maintain proper hydration and health.***

UNITED STATES COURT OF APPEALS  
SIXTH CIRCUIT  
June 25, 2010

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The facility's policy was for the night nursing supervisor to calculate each resident's daily fluid intake to determine hydration level and compare it with the resident's needs, but that was not being done.

Survey inspectors found no documentation of fluid intake in the charts of twenty of the facility's twenty-two residents.

There was an apparent overall lack of awareness among the facility's staff of the importance of adequate hydration and the importance of accurately recording fluid intake to monitor whether residents were getting adequate hydration.

In turn, there was no daily tally being kept of the resident in question's fluid intake because there was no documentation from which to make the calculation.

According to the US Court of Appeals for the Sixth Circuit, a nursing facility is not required to adopt any particular method, but must follow some method from which it can be ascertained that fluid intake is being monitored, charted and assessed in light of the patient's needs. Clai-borne-Hughes Health v. Sebelius, 609 F. 3d 839 (6th Cir., June 25, 2010).