

Taclo Dadhydradu

Gall dadhydradu mewn tywydd cynhesach achosi cynnydd sylweddol yn nifer yr achosion o heintiad y llwybr wrinol (UTI) a heintiau difrifol eraill sy'n gysylltiedig ag ef.

Dyma rai ffeithiau allweddol i helpu atal eich cleifion rhag dadhydradu:

SYNIADAU DA TOP TIPS

Tackling dehydration

Dehydration in warmer weather can cause a significant increase in the incidence of urinary tract infection (UTI) and other severe infections associated with it.

Here are some key facts to help prevent your patients becoming dehydrated:

1 Parhau i yfed

- Mae oedolion angen o leiaf 1.5 litr o hylif bob dydd.
- Mae hyn yn cyfateb i o leiaf 8 cwpan mawr neu fwg o hylif.

2 Mae unrhyw hylif yn hylif da

- Y peth pwysicaf yw yfed digon o hylifau. Does dim ots pa ffurf y mae'r hylif hwn yn ei gymryd. Mae coffi a the yn ffynhonnell ddewisol o hylifau i lawer o bobl ac nad ydynt yn ymddangos i gael unrhyw effaith dadhydradu sylweddol.
- Gall bwydydd llawn hylif fel jeli, hufen iâ ac iogwrt hefyd disodli hylifau mewn diodydd.

3 Cadwch lygad allan am arwyddion o ddadhydradu

- Gall croen neu geg sych, wrin lliw tywyll, cur pen, dryswch a chysgadurwydd i gyd fod yn arwyddion o ddadhydradu.

4 Mae pobl hŷn a phlant ifanc yn arbennig o agored i niwed o ddadhydradu

- Sicrhewch fod gan bawb gwpan y gallant ei ddefnyddio'n hawdd. Gall cwpanau sy'n drwm neu sydd â dolen fach fod yn anodd iawn i'w dal.
- Efallai y bydd rhai pobl hefyd angen cymorth i ddal y cwpan ac yfed. Dylech osgoi gwellt i'r rhai sy'n ei chael hi'n anodd llyncu, oherwydd y risg gynyddol o dagu.
- Anogwch y rhai sy'n poeni am anymataliaeth i beidio â rhoi'r gorau i yfed os ydynt yn poeni am ollwng wrin. Gall wrin crynodedig sy'n deillio o beidio ag yfed llidio'r bledren a chynyddu'r risg o haint.

1 Keep drinking

- Adults need a minimum of 1.5 litres of fluid every day.
- This is equivalent to at least 8 large cups or mugs of fluid.

2 Any fluid is good fluid

- The most important thing is to consume sufficient fluids. It does not matter what form this fluid takes. Coffee and tea are a preferred source of fluids for many people and have been shown to have no significant dehydrating effect.
- Fluid rich foods such as jelly, ice cream and yoghurt can also supplement fluids in drinks.

3 Look out for signs of dehydration

- Dry skin or mouth, dark coloured urine, headaches, confusion and drowsiness can all be signs of dehydration.

4 Older people and young children are particularly vulnerable

- Make sure everyone has a cup they can use easily. Cups that are heavy or have small handles can be very difficult to hold.
- Some people may also need assistance to hold the cup and drink. Avoid straws for those with difficulty swallowing, due to increased risk of choking.
- Encourage those worried about incontinence not to stop drinking if they are concerned about leaking urine. Concentrated urine resulting from not drinking can irritate the bladder and increase the risk of infection.

