Prevention and Early Signs
In People with Dementia
Preventing Pneumonia

- Pneumococcal immunisation
- Flu Immunisation
- Good hygiene
- Oral hygiene – dental care
- Diet modifications
- Keep mobile
- Drink plenty of fluids
- Consider environment e.g. damp
Signs of Pneumonia

- Difficulty breathing
- Fever
- Agitated
- Sweating, shivering and feeling generally unwell
- A cough which has thick yellow, green, or brownish phlegm – sometimes blood stained

Call SPA and request Rapid Response for Query Pneumonia.
Preventing Dehydration

Provide plenty of fluids

If they do not want to drink try providing high fluid content foods such as soup or jelly.

Ensure drinks are within easy reach

6 – 8 glasses a day

Increase fluids at least 6-8 glasses a day
Early Signs of Dehydration

- Feeling thirsty
- Dark or smelly urine
- More confused than usual
- Headaches
- Tiredness
- Dizziness

Increase fluids at least 6-8 glasses a day. If no change in 4 hours contact SPA.

If they will not take fluids contact SPA.
Early Signs of Sepsis

- Feeling flushed and hot with cold/warm clammy skin
- Feeling of heart racing
- Foul smelling urine
- Hasn’t passed urine for more than 12 hours
- High Breathing rate
- Increased redness, swelling or wound breakdown
- Palpitations
- Becoming aggressive
- Deterioration of functional ability
- Becoming unsteady on their feet

A number of these signs together would indicate early Sepsis. Call Rapid Response