Campaign launched to improve inpatient hydration and reduce the incidence of AKI

NHS Kidney Care has launched a new campaign in hospitals and nursing homes to encourage healthcare staff to better monitor and manage inpatients’ fluid status, in a bid to help reduce the incidence of Acute Kidney Injury (AKI). This is reported in the June 2012 edition of Kidney Care Matters.

Inadequate hydration is one of the main causes of AKI, and while it has often been seen as a renal problem, AKI occurs in all general medical settings. The Hydration Matters campaign aims to remind all healthcare staff that monitoring fluid status and ensuring correct hydration should be an essential core component of care for all patients.

AKI affects around one in five people admitted to hospital as an emergency and many elderly patients. However, work by NHS Kidney Care has found that nearly a third of AKI cases are avoidable. AKI can result in prolonged lengths of stay and increased morbidity and mortality, and some patients are left with chronic kidney disease. In addition, it places a significant drain on NHS resources. An NHS Kidney Care study found that AKI cost the NHS around £500m in 2009/10 – more than lung cancer and skin cancer combined. Preventing just 30 per cent of AKI cases would save the NHS around £150m each year.

Action

- Hydration Matters posters have been distributed to directors of nursing at all acute trusts and to nursing homes.

- Additional resources to support healthcare professionals are available at www.kidneycare.nhs.uk/hydration, along with details for downloading and ordering posters and a screen saver.

Please submit comments, solutions, and personal experience to:

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