

Hospital Hydration Best Practice Toolkit

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Try the hydration awareness quiz

A tool to assist in the training of junior nursing and non clinical staff

What is the chemical formula for drinking water?

- H₂O
- C₃PO
- He₃

How many glasses of water should you drink each day for good health?

- 1-2
- 3-4
- 6-8

How much of your body is made up of water?

- 75%
- 40%
- 15%

How long can you live without water?

- About one week
- About one month
- About one year

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What is another name for water that is safe to drink?

- Portable
- Potable
- Passable

For one penny, how many glasses of fresh drinking water can you get directly from your tap?

- 1 glass
- 10 glasses
- 50 glasses
- 1000 glasses (or more)

Which would be the best drink to protect your teeth and gums?

- Fizzy Cola
- Coffee
- Water

How should you drink your daily water intake?

- All at once
- Little sips regularly
- Big mouthfuls

How much water does simply breathing in and out use up each day?

- A pint
- An egg cup full
- A bath full

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Which of these is not a sign of dehydration?

- Headache
- Irritability
- Tiredness
- Sprained ankle

We get some water from our food and drink, but from which one should we not get our water intake?

- Decaffeinated tea
- Weak squash
- Fruit juice
- Alcohol

What is the ideal colour for urine to be if you are well hydrated?

- Light brown
- Dark yellow
- Pale yellow/clear

Answers: H₂O, 6-8 glasses a day, 75% of the body, About 1 week, Potable, 50 glasses, water, little sips regularly, a pint, sprained ankle, alcohol, pale yellow/clear