A Hydration/UTI champion is someone who takes the lead on promoting UTI prevention through good hydration, personal care and infection control in the home. Someone who is passionate about wanting to make a difference to the quality of resident’s lives. They are happy to share best practice and educate other members of staff on UTI prevention and the importance of good hydration. Willing to look for new ideas on reducing UTI’s and happy to undertake training or attending events to help them in their role.

**Role of Hydration/UTI Champion may include:**

* Oversee the completion of the UTI Safety Cross.
* Look for new ideas to test and implement to help reduce UTI’s and promote good hydration. To complete PDSA’s for each new idea tested.
* Promote the importance of good hydration to all staff, residents, relatives etc.
* Promote the importance of Hygiene and healthy immunity in preventing UTI’s.
* Educating other staff to complete the UTI diagnosis checklist timely and accurately.
* Making sure Fluid recording is accurate and is cross-referenced with a person’s target liquid intake.
* Liaising with the Kitchen and Domestic staff to ensure residents are being given as much encouragement as possible to keep well hydrated.
* Using tools like the ‘Food First’ leaflets in the prosper toolkit to incorporate food with high liquid content, to help boast a person’s hydration, if they are not meeting their daily fluid intake. Working with the Kitchen team to implement this.
* After a UTI has been diagnosed, use one of the Root Cause Analysis tools (Ask Why, Wagon Wheel, etc.) to see if anything may have prevented it from ocurring, so needs to be implemented.
* Meet with other champions and manager on a monthly basis to discuss all area’s and give update on progress.
* Meet with Prosper Support officer when they visit to discuss idea’s, what has been implemented and what’s working or not working.

For more information on Prosper, ideas and newsletters go to: <https://www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper/>

*This document is a guide only and can be adapted to meet the needs of your home.*