

What is it?



#ButFirstADrink

A successful initiative improving hydration in care homes.

#ButFirstADrink is a straightforward yet impactful approach that promotes teamwork and cultural change around hydration. The core principle is to ensure that everyone interacting with residents routinely offers them fluids. This simple act has yielded remarkable results!

Results

- **34% average increase in fluid intake** across participating care homes
- **Reduced UTIs**, with some homes reporting **0** since adopting the programme
- **Improved resident well-being**, including faster wound healing, more mobility, and reduced constipation
- **Staff awareness**, leading to more consistent completion of fluid charts

Support & Resources

Free training and promotional materials are provided as part of the programme. Ongoing support and resources are available for care homes.

Beyond the Pilot

While the initial pilot phase concludes March 2025, **#ButFirstADrink** is here to stay. We encourage **all** care homes to adopt this programme as central to resident care.

Benefits

- Improved health & well-being
- Reduced UTIs & associated health costs
- Simple, low-cost & sustainable approach
- Alignment with **CQC** regulations (*Regulations 9, 12, 14, 17, 18*)

Moving Forward Together

#ButFirstADrink is a testament to the power of collaboration in improving resident care. By working together, we can ensure that **all** residents receive the hydration they need to live healthier and happier lives.

For further information or to join the initiative, please contact Charlotte Trumper at charlotte.trumper@swlondon.nhs.uk