



ROC is a hydration care risk assessment tool focused on a person's reliance on a carer to drink
 ROC is based on a person being offered 7-8 routine drinks per day (approx 1,500mls); placed within arm's reach
 ROC highlights the vital role of carers & a team approach to support a person to remain as well hydrated as possible



1. To complete the risk assessment refer to the ROC descriptions for swallow, assist & encourage
2. Select a colour for each ROC description that 'best matches' the level of support the person needs
3. **Whichever of the ROC assessments has the highest colour will automatically identify the person's:**
 - Highest level of support needed to drink (known as their overall 'ROC to drink rating')
 - Potential risk of dehydration (based on their ROC to drink rating)
 - Colour of a visual prompt e.g. coloured drinking glass / drinks coaster / wall sign
4. The section for 'encouragement' specifically highlights risk of low-intake dehydration

ROC to Drink: Hydration care risk assessment tool & care plan			
ROC descriptions & level of support	Green = Low	Amber = Medium	Red = High
Swallow <i>What level of support does the person need when swallowing fluids?</i>	No specific support is needed as they do not have an identified problem swallowing normal fluids	Needs some support due to an identified swallow problem e.g. prescribed thickener. See individual care plan for specific details (may also have enteral support e.g. PEG)	Needs full 1:1 allocated support due to an identified high risk (choking / aspiration) see individual care plan for details (may also have enteral support e.g. PEG)
Assist to drink <i>What level of assistance does the person need from a carer to pick up & hold their drink?</i>	Spontaneously, independently and safely picks up their drink without needing any assistance from a carer	Needs some assistance from a carer to help them get started and then they can safely pick up their drink	Needs 1:1 assistance from a carer. Without this level of support they would be unable to drink or be at high risk of spills & scalds
Encourage to drink <i>Based on the person being given the correct level of assistance; how much do they spontaneously choose to drink?</i>	Drinks approx 3/4 or all of their daily drinks Likely 24hr oral fluid intake approx 1,500mls Risk of low-intake dehydration 'Low'	Drinks approx 1/2 of their cup or sometimes more Likely 24hr oral fluid intake approx 800-1,000mls Risk of low-intake dehydration 'Medium'	Drinks approx 1/4 of their cup or sometimes a few sips Likely 24hr oral fluid intake approx 500mls or less Risk of low-intake dehydration 'High'
What level of encouragement do they need from a carer to help increase fluid intake?	'No specific encouragement' Does not need any specific encouragement (prompting) to maintain a good fluid intake	'Some encouragement' Needs regular gentle prompts from a carer to help try & increase their fluid intake	'Full encouragement' Needs little & often gentle prompts from a carer to help try & increase their fluid intake
ROC care plan: (see overleaf)	The care plan outlines the different types and levels of care a person should expect to receive to help them drink as best they can		



This care plan summary provides a structured approach for all routine daily drinks to ensure everyone is consistently checked to see how well they are drinking, and appropriate actions are taken to prevent avoidable dehydration

In addition to routine drinks, all staff should take the opportunity to prompt extra sips when at the person's side

Before offering a drink, first always check to confirm if: *Nil By Mouth? Restricted fluids? Swallow problem?*

If you are unsure always ask a senior member of staff before offering a drink

Monitoring daily drinks	When a drink is cleared away, the person responsible for this must 'look' to see approx how much the person had to drink & report if had much less than expected. Follow your policy for recording and monitoring daily drinks
Swallow	- For all identified swallow problems, follow specific instructions in the individual's care plan / or the hand over sheet - If anyone feels that a person has a new or increased swallow problem — inform a senior staff member
Assistance to drink Points 1-8 also apply to Amber & Red Assistance	Spontaneously, independently & safely picks up their drink without needing any assistance from a carer - Check if the person needs any support to sit up? If yes, request timely & appropriate carer support - Ask what they would like to drink and how they like it made - If they are unable to tell you, offer a picture menu / point to drinks on the trolley or refer to their care plan - Offer a standard cup/mug of choice (drinking aids should only be used if assessed to be in their best interest) Bedside table: this must be left within easy arm's reach, below chest height & on the person's best side - Always place the drink in easy arm's reach. If they have a known weak or blind side then place it on other side Hot drinks: always remind the person it is hot & only leave in reach if you consider it safe to do so Water jug & glass: check if they need support to pour the water, ensure the glass is in reach & topped up
Encouragement to drink Please note points 1-4 also apply to the Amber section for Encouragement	Drinks approx '3/4 or all' of their routine drink without a carer needing to give any specific encouragement - Approx 5 mins after a fresh drink has been left on the person's table, a designated staff member needs to go back to check and confirm how well they are drinking If any of the points below apply, try to establish the reason & 'take an appropriate action' e.g. - Not yet started to drink / dozed off / forgot their drink was on table: <i>give gentle prompt to have sips</i> - Unable or is struggling to pick up their drink: <i>offer some assistance & re-assess if risk of spills/scalds</i> - States they don't like their drink: <i>offer to make another fresh drink; update care plan if needed</i> - States not feeling very well: <i>inform senior member of staff &/or their nurse</i> - States worried about needing the toilet: <i>check call bell in reach & reassure that carers will give a timely response</i> - Explain that someone will be back again in approx 5 mins to check if all ok - If a problem still applies, inform senior staff member. Consider increasing level of 'encouragement' to Amber
Assistance to drink Refer to Green Assistance (1-8)	Needs some assistance from a carer to help them get started & then they can safely pick up their drink - Encourage maximum independence by giving 'some' assistance to lift & hold their own drink - Check if the temperature is ok & the drink is to their liking - Allow enough time for them to catch their breath between sips - If unable to safely use a standard cup or glass (due to risk of spills/scalds/prone position/posture) assess their need for an appropriate drinking aid, including if suitable for a hands-free drinking aid for sipping water - Only leave the person to drink on their own if safe to do so. If not safe they will need 1:1 Red ROC Assistance
Encouragement to drink Follow points for Green (1-4)	Needs a carer to give regular gentle prompts to help increase their fluid intake For all routine daily drinks, designated staff need to regularly go back to the person approx every 5 mins (at least 2-4 times) to check and see how much they are drinking & offer gentle prompts as required - If despite your best efforts to encourage extra sips, the person's feedback (verbal or non-verbal) makes it clear they do not wish to have any more to drink at that point in time, you must respect their wishes
Assistance to drink Follow Amber Assistance (2-4)	Needs 1:1 full assistance from a carer to pick up and hold their drink Ensure an allocated carer has protected time to provide full assistance with all routine drinks and additional sips
Encouragement to drink Follow points for Amber (1-2)	Needs 'little & often' gentle encouragement from a carer to help try and increase their fluid intake - Offer extra sips at least 1-2 hourly or more frequently if appropriate, ensuring at all times the individual's best interest - If their mouth looks dry, offer appropriate support to wet lips & mouth