Thank you for taking the time to complete this questionnaire. Your responses will remain anonymous and will be used for research purposes only. Please complete all questions, choosing the most correct answer for knowledge based questions and your honest opinion for all other questions. This will not take more than 10 minutes of your time. If you require additional information regarding this survey, hydration education in general, or the Need for Nutrition Education Programme, please contact Celia.Laur@mrc-hnr.cam.ac.uk or visit our website www.nnedpro.org.uk.

Specialty Area: ___________________________ Years in current post: _____________________

Hospital/Practice: _______________________ Current designation: _______________________ 

Please circle your answer:

1. What is the proposed definition of dehydration?
   i. Dehydration is the loss of water from the body in excess of the amount consumed.
   ii. Dehydration is a 10% or greater loss of body mass (assuming that there is no weight loss occurring because of negative energy balance) due to fluid loss.
   iii. Dehydration is when someone feels thirsty, has a dry mouth and has pitting oedema.
   iv. Dehydration is the excessive addition of body water with an accompanying disruption of metabolic processes.

2. Some physical signs of dehydration may include:
   i. Dry mucous membranes
   ii. Headaches
   iii. Increased pulse rate
   iv. All of the above

3. Mild to moderate dehydration can impair performance on tasks such as:
   i. Short term memory
   ii. Arithmetic ability
   iii. Psychomotor skills
   iv. All of the above

4. Patients who have had a stroke may have an altered sensation of thirst. Do you regularly ask your stroke patients about their hydration?
   i. I never ask
   ii. I occasionally ask
   iii. I regularly ask
   iv. I always ask

5. In general, does the average older person have a similar water requirement to that of a 30 year old?
   i. Yes, if the older person is active and healthy.
   ii. Yes, if the older person is inactive and unhealthy.
   iii. No, if the older person is active and healthy
   iv. No, if the older person is inactive and unhealthy
6. Water can be found in food and drinks. On average, what is the proportion of water in food and drinks consumed by UK adults?
   i. 10% Food : 90% Drink
   ii. 20% Food : 80% Drink
   iii. 30% Food : 70% Drink
   iv. 40% Food : 60% Drink

7. Water forms how much of an adult person’s body weight?
   i. 30 – 40 %
   ii. 40 – 50 %
   iii. 50 – 60 %
   iv. 70 – 80 %

8. Do you encourage your patients to drink water to stay hydrated?
   i. No
   ii. No, but I tell them to decrease tea and coffee (caffeine intake)
   iii. Yes, water only
   iv. Yes, water and other non-caffeinated and within reason caffeinated beverages

9. As recommended by the European Food Safety Authority (EFSA) total daily water for adult men is accepted as _____ litres?
   i. 1.5L
   ii. 2.0L
   iii. 2.5L
   iv. 3.0L

10. Urine colour may reflect the patient’s current state of hydration. Have you ever asked about the colour of the patient’s urine, relevant to hydration status?
    i. I never ask
    ii. I occasionally ask
    iii. I regularly ask
    iv. I always ask

11. How important do you feel giving hydration advice is to people with kidney stones?
    i. Very important
    ii. Somewhat Important
    iii. Unimportant
    iv. Very unimportant

12. Do you think consuming too much water can be detrimental to the health of a patient?
    i. Never
    ii. Rarely
    iii. Sometimes
    iv. Always
13. Recommended adequate intake of water for an adult refers to:
i. Drinking water
ii. Drinking water plus beverages (ie. tea, coffee, juice)
iii. Drinking water plus food moisture (ie. soup, fruit, vegetables)
iv. Drinking water plus beverages plus food moisture

14. How would you rate your general hydration status when at work?
i. Bad
ii. Average
iii. Good
iv. Excellent

15. Does your main place of work have easily accessible water dispensing facilities?
i. Yes, and I make use of it
ii. Yes, but I do not use it
iii. No, and I would use it if available
iv. No, but I don’t see the need

16. Is managing hydration the responsibility of:
i. Dietitian
ii. Doctor
iii. Patient
iv. All of the above

17. How important do you feel hydration education is for your profession given competing priorities in training?
i. Very important
ii. Somewhat Important
iii. Unimportant
iv. Very unimportant

18. Approximately how many minutes on average would you spend in a 4 hour clinical session on giving hydration advice to patients?
i. 0
ii. Less than 10
iii. More than 10
iv. Difficult to quantify

Are you interested in learning more about the importance of hydration? If so, please contact Celia.Laur@mrc-hnr.cam.ac.uk.