Results: The average fluid intake was within the recommended: 1,600–2,000 mL/day (mean of 1800 mL/day). Portugal, in particular, had a lower intake (mean of 1365 mL/day), while Spain had a mean of 2,236 mL/day. Though water had a large contribution to total fluid intake (mean of 1,500 mL/day in Spain and 1,000 mL/day in Portugal), tap water consumption was higher than bottled water (23.3% vs. 6.1%, Spain). Milk and milk products (72.9%) and hot beverages (61.3%), in Spain, and hot beverages (5.9%) and milk (3%), in Portugal, follow water regarding the highest consumption. Only 8.5% of Spaniards and 2.5% of Portuguese knew hydration recommendations, and 7.5% and 9.6%, respectively, followed them.

Conclusions: The population studied does not ingest enough amount of liquid. The inconsistency and heterogeneity of data could be the result of a lack of a standard method for assessment of hydration status and insufficient knowledge regarding fluid intake recommendations.

Key words: hydration, water, fluid-intake, health-policy, Mediterranean.

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Prevention of constipation during pregnancy with the hydration

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Introduction: Constipation is a functional bowel disorder characterized by pain and discomfort, straining, hard stools and feeling of incomplete bowel movement. Pregnancy predisposes to constipation, about a third of pregnant women report suffering from constipation. It is more common in multiparous than primiparous.

Objective: Knowing how hydration affects the prevention of constipation during pregnancy.

Method: A literature search was performed in the following databases: Cochrane, IME, Pubmed, Cuiden and the website of the Spanish Society of Obstetrics and Gynecology.

Results: Constipation in pregnancy is probably due to reduced gastrointestinal motility by an increase in the concentration of circulating progesterone during pregnancy, resulting in a slowing of gastric emptying and intestinal transit for its relaxing effect on the smooth muscle. Conduct an adequate fluid intake helps prevent constipation. This should include about 8 glasses of water a day and a glass of fruit juice, especially plums.

Conclusions: In pregnancy is important to have a balanced diet and drink adequate amount of fluids within an active lifestyle and healthy life. Proper hydration during pregnancy benefits the fetus and the mother.

Key words: pregnancy, constipation, hydration.

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Hydration campaigns: five years of experience

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Introduction: For the last 5 years the General Pharmaceutical Council of Spain has conducted a series of campaigns

Objective: to get information out to the general public about the importance of hydration and the body’s daily need for liquids, adapted to the individual and his physiological condition.

Method: The pharmacists provided personalized counselling on hydration to users at community pharmacies. For this task pharmacists used a technical training document, alongside with a leaflet designed for users with a series of tips on dehydration prevention. These materials were distributed to community pharmacies through the Spanish Provincial Pharmaceutical Chambers. Pharmacist members were also able to consult and download materials at www.portalfarma.com.

Results: These healthcare campaigns have count on the participation of more than 16,000 community pharmacies per year and distributed more than 3,250,000 leaflet to citizens.

Conclusions: a) Community pharmacists play an essential role by informing and counselling the public about healthy lifestyle habits. b) The extensive participation in these educational campaigns has led to preventive and awareness-raising efforts as the cores of an essential educational drive carried out by Spanish pharmacists.

Key words: hydration, mineral salts, water, pharmacists.

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Liquid intake in elderly people

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Introduction: The adequate intake of liquid has been established to prevent several disorders.

Elderly people are a vulnerable group. The recommended intake should not be less than 1600 mL/day.