

## **PS2.272**

### **Adopting hypodermoclysis in primary care: a challenge for you**

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**Background and Aim:** Once a popular technique for fluid administration in pediatric care, hypodermoclysis has since been nearly abandoned due to serious adverse effects stemming from inappropriate fluid tonicity and development of intravenous alternatives. It's been resurfacing in recent times, mainly within context of palliative care: literature today points to the technique as a safe, inexpensive, comfortable and effective measure for hydration and medication in non-urgent settings when the oral route is unavailable. Family doctors routinely care for fragile elderly patients with plenty of comorbidities, who, despite reasonable overall compensation, episodically end up needing hospital care for treatment of dehydration. The hospital admission itself can cause further complications such as disorientation and nosocomial infections. Caregivers can become very competent in managing an hypodermoclysis access set up during the domiciliary visit, achieving expressive results in prevention of dehydration with minimal follow-up needs.

**Methods:** An effective scientific presentation is one that changes behaviors. Minding communicative appeal, this poster aims to keep it simple, thus the unconventional format: the first part will be a brief review of the technique, then a challenge is made to the readers, enticing them consider its adoption in their primary care setting.

**Results:** The expected results of this poster will be raising awareness of attendees toward hypodermoclysis, and if successful, have some adopt it with the benefits discussed below.

**Discussion:** This poster strives to make a brief and clear presentation of hypodermoclysis, while encouraging family doctors to read further on the subject and incorporate its ambulatory use toward the simple aim of preventing dehydration. It should end up preventing hospital visits, thus resulting in comfort for the patients, less spending with hospital admissions and complications, and improvement of accessibility to healthcare by freeing up hospital services.