

AQUA: An open label Acceptability and feasibility trial of 'Jelly Drops™' for hydration and QUALity of care for people with dementia



© Kevin Willialmson, 2026

Participant Information Sheet-Patient involvement

We are looking for people who have recently been admitted to or are currently resident on Windermere Ward and who are currently dehydrated or at risk of dehydration to take part in a research study. We would like to invite you to read more about this study to see if you would be interested in taking part.

We want to find out if administering Jelly Drops™ is an acceptable way to improve hydration in people who are dehydrated or are at risk of dehydration. This is something you may benefit from.

Please read the following information to help you decide if you want to take part.

What is the study about?

Jelly Drops™ are a sugar free treat made up of 95% water, some electrolytes, vitamins and minerals.

They are designed to help rehydrate people, particularly older people who often struggle to drink enough fluid.

We want to find out if Jelly Drops™ is acceptable to you as an alternative way to keep you hydrated. This may be because you have difficulty drinking enough fluids.

Drinking enough water is important to stay healthy and avoid problems like tiredness, low blood pressure, feeling confused, or even needing to go to the hospital in serious cases. Older people who have trouble drinking enough water might find this especially helpful. Jelly Drops™, if effective, could be a more acceptable way to boost hydration for people.

If you decide to take part in the study, the Jelly Drops™ will be used as an additional part of your care and none of your usual treatment will be stopped.

Who can take part?

You can take part if you:

- are 65 years old, or over
- are currently an inpatient on Windermere ward in Doncaster

You cannot take part if you:

- have difficulty swallowing
- a clinician has deemed that it would be an unsuitable intervention for you

Do I have to take part?

Taking part is your choice. If you decide not to, it will not affect the care or service that you receive.

AQUA: An open label Acceptability and feasibility trial of 'Jelly Drops™' for hydration and QUALity of care for people with dementia

If you want to take part, please read this information carefully. You will have the chance to ask us questions before starting the study.



What does taking part involve?

Someone from the hospital team will ask you if you are interested in taking part in the study. You will then:

- 1) Hear more about the study and have the chance to ask any questions you have**
You will speak with a member of the study team to see if you can take part in the study. They will answer any questions you have. This will help you decide if you are interested in taking part.
- 2) Provide consent**
Once you are happy with the study information, you will be asked to give your consent by completing a form.
- 3) Jelly Drops™**
These will be provided for you under the supervision of a member of the hospital team and will be prescribed for use three to four times per day.
Taking Jelly Drops™ will not change any other treatment or care that the hospital will provide for you.
- 4) Measuring if you are hydrated**
Someone from the hospital team will be monitoring your health throughout your stay using tools like skin integrity tests, bowel and urine monitoring and food and fluid intake charts which are used as part of routine care. These tests and monitoring tools will be used as required but we anticipate this will be four times per day. These will help staff to see if you are dehydrated.
Data the hospital team collect related to your health during the study may be used to check whether the Jelly Drops™ have helped you get hydrated, for example the results from routine blood tests.
- 5) Results of the study**
If you would like a summary of the results once the study is complete then we can provide it. This will mean that we will store your contact details securely on file for this purpose.

Once you have been consented you may be offered Jelly Drops™ at different points while you are on the ward if the staff feel your hydration levels indicate dehydration or risk of dehydration. If this happens we will not formally consent you each time, we will just check that you are happy to receive the intervention again regardless of how many times you have had it before.

What happens if I change my mind?

You can stop taking part in the study at any time. You do not have to give a reason. Stopping will not affect any treatment you receive.

You can let us know you have changed your mind by contacting us on any of the details below.

AQUA: An open label Acceptability and feasibility trial of 'Jelly Drops™' for hydration and QUALity of care for people with dementia

If you lose capacity to consent during the study, in accordance with the Mental Capacity Act 2005, a personal consultee will be appointed for you. If no one is available to be a personal consultee, a nominated consultee will be appointed for you. If no one is available to be a personal consultee, a nominated consultee will be appointed for you. If no one is available to be a personal consultee, a nominated consultee will be appointed for you.



nominated consultee will be appointed for you. Staff will then seek advice from your consultee regarding your continued involvement and likely wishes and feelings moving forwards.

What are the possible benefits and risks of taking part?

- A better understanding of whether Jelly Drops™ can help with dehydration
- Finding out if Jelly Drops™ are something that you would eat to stay hydrated
- Potential choking risk, as a result people who are known to be at risk of choking will not be accepted into the study

Will my taking part in the study be kept confidential?

Yes, just like all medical records. This confidentiality can only be broken if there is a risk of harm to yourself or others. In this case we may be legally required to share the information. The research team will contact your GP to notify them of your participation in the study, they will be told what the study is, that you are taking part and the likely duration of your participation.

How will we use information about you?

We will need to use information from you and your medical records for this research project.

This information will include

- your name
- your NHS number
- your contact details

People will use this information to do the research or to check your records to make sure that the research is being done properly. People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead.

Rotherham Doncaster and South Humber NHS Foundation Trust is responsible for looking after your information. We will not share your information related to this research project with any other organisations.

We will keep all information about you safe and secure by:

- This information will be stored on a safe and secure system that can only be accessed by your study team.
- Any data we use will be anonymised. This means that it is not linked to your personal details and will be linked to a code instead.
- Your data can be withdrawn from the study a long as it is still linked to you, you can request this from the hospital or study team.

International transfers

Your data will not be shared outside the UK.

AQUA: An open label Acceptability and feasibility trial of 'Jelly Drops™' for hydration and QUALity of care for people with dementia

How will we use information about you after the study ends?



Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out that you took part in the study.

We will keep your study data for a maximum of 10 years. The study data will then be fully anonymised and securely archived or destroyed.

What are your choices about how your information is used?

You can stop being part of the study at any time, without giving a reason, but we will keep information about you that we already have.

You have the right to ask us to access, remove, change or delete data we hold about you for the purposes of the study. You can also object to our processing of your data. We might not always be able to do this if it means we cannot use your data to do the research. If so, we will tell you why we cannot do this

Where can you find out more about how your information is used?

You can find out more about how we use your information:

<http://www.hra.nhs.uk/information-about-patients/>

If you have any questions on this then you may contact the Data Protection Officer using rdash.dpo@nhs.net

What if there is a problem?

If you have a problem, you can talk to a member of the hospital team. If they are not able to resolve this, it can be raised with the study leads

Chief Investigator (CI) Dr Kevin Williamson, Consultant Nutritionist and Clinical Academic, Grounded Research Team, RDaSH NHS Foundation Trust.

kevin.williamson@nhs.net or **03000 212456**

Principal Investigator (PI) Jo Nicholls, Nurse Consultant, Windermere Lodge

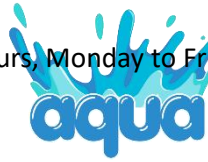
jo.nicholls@nhs.net or **03000 214089**

We understand that you may not always feel comfortable doing this therefore, you also have the option of using the NHS Patient Advice Liaison Service (PALS) and formal NHS procedure. PALS can be contacted via telephone on 0800 015 4334, email: rdash.pals@nhs.net, or in writing addressed to: Rotherham Doncaster and South Humber NHS Foundation Trust, Woodfield House, Tickhill Road Site, Tickhill Road, Balby, Doncaster, DN4 8QN.

Alternatively, to raise a complaint you can contact the RDASH Patient Safety and Investigation Team.

AQUA: An open label Acceptability and feasibility trial of ‘Jelly Drops™’ for hydration and QUALity of care for people with dementia

- Telephone: 07967793306 during normal office hours, Monday to Friday (excluding public bank holidays).
- Email: rdash.complaints@nhs.net.



For further online information, you may access the website:

<https://www.rdash.nhs.uk/policies/patient-advice-and-liaison-service-pals-policy/>

What will happen to the results of the research study?

This study is a feasibility study which means that it is an early trial to find out if people with dehydration can boost their fluid intake from the Jelly Drops™.

If the results look promising and people are keen to take Jelly Drops™, we will need to do a bigger study with more people to see if will work.

We will share the results from this study widely with other professionals and with patient and carer groups. We may use quotes from participants, but no personal details will be shared in the reports.

Who is involved and funding the research?

- Rotherham Doncaster and South Humber NHS Foundation Trust, Tickhill Road Hospital Site, Weston Road, Balby, Doncaster, DN4 8QN.

-Jelly Drops™, Cambridge House, 16 High Street, Saffron Walden, Essex, England, CB10 1AX.

Who has checked the plan for this study?

This plan for the study has been checked by the following groups, and they are happy for us to go ahead:

- health professionals, patients and members of their family

-The Health Research Authority (HRA) and a National Research Ethics Committee, (Ref: ////////)

Thank you for reading this information sheet. Please keep a copy for your information.

Jelly Drops™ Ingredients List

Ingredients: Water (95%), Maltodextrin, Gelling Agents (Gellan Gum, Xanthan Gum, Locust Bean Gum, Acacia Gum, Agar), Sodium Citrate, Sodium Chloride, Potassium Chloride, Natural Flavourings, Colours (Curcumin, Concentrated Carrot Extract), Flavour Enhancers (Lactic Acid, Malic Acid, Citric Acid), Sweetener (Sucralose), Preservatives (Potassium Sorbate, Sodium Benzoate), Vitamin B6 (Pyridoxine Hydrochloride), Folic Acid, Vitamin B12 (Cyanocobalamin).