

# World Health Day tip for nurses: toast yourself with several lots of water to keep dehydration at bay

Date: April 8, 2020

By: Michael W. Douglas



## News Release

## PRAIRIE VIEW A&M UNIVERSITY

The Office of Marketing and Communications – P.O. Box 519, MS 1100  
Harrington Science Bldg., Suite 211  
Prairie View, TX 77446  
(936) 261-1560 – [www.pvamu.edu/marcomm](http://www.pvamu.edu/marcomm)

*Dietitian says adequate hydration is critical to keep energy levels up in increased work stress.*

**PRAIRIE VIEW**, Texas – With the increase work pressure first responders are experiencing during this coronavirus pandemic, today’s World Health Day is a great time to not only recognize nurses and midwives for their work but also to remind them to stay hydrated with the best liquid: water.

Christine Ranieri, MS, RD, LD, is the director of the Didactic Program in Dietetics at Prairie View A&M University. She is a lecturer in the College of Agriculture and Human Sciences, Department of Agriculture, Nutrition, and Human Ecology.

Ranieri offers simple yet critical advice to nurses on this World Health Day:

“During long shifts and increased work stress, it is crucial to remain adequately hydrated to keep your energy level up, avoid brain fog, and prevent headaches. And while coffee and tea are hydrating, it’s best to limit them to a cup per day so their diuretic effects don’t cause dehydration.”

“It is also best to completely avoid alcohol. While many of us turn to alcohol for relaxation after a long day at work, its toxic effects interfere with sleep, hydration, and the maximum immunological defenses all healthcare providers need more than ever right now.”

For more information or to have Christine for a story or in a program, contact Christine Ranieri, MS, RD, LD, office: (936) 261-2531, mobile: 847-208-3880, email: [cranieri@pvamu.edu](mailto:cranieri@pvamu.edu).

### About Prairie View A&M University:

Designated an institution of “the first class” in the Texas Constitution, Prairie View A&M University is the second-oldest public institution of higher education in the state. With an established reputation for producing engineers, nurses, and educators, PVAMU offers baccalaureate degrees, master’s degrees and doctoral degree programs through nine colleges and schools. A member of The Texas A&M University System, the university is dedicated to fulfilling its land-grant mission of achieving excellence in teaching, research, and service. For more information regarding PVAMU, visit [www.pvamu.edu](http://www.pvamu.edu).

### Contact: Candace Johnson

Executive Director for Marketing and Communications  
(936) 261-1566  
[cjohnson@pvamu.edu](mailto:cjohnson@pvamu.edu)

Michael Douglas, Communications Specialist III, (936) 261-2149 (office), [mwdouglas@pvamu.edu](mailto:mwdouglas@pvamu.edu)