Introduction

This is a tool to help identify individuals at risk for dehydration. It is to be completed quarterly by placing check marks in the appropriate boxes.

A Care Plan for Dehydration Risk should be completed for any individual with 2 or morecheck marks

Physiological signs

☐ Insufficient Fluid Intake

☐ Diuretic Therapy

☐ Meds (laxative, NSAIDS, anti- Psychotics, steroids, etc)

☐ Acute Disease (fever, infection, vomiting)

☐ Constipation/Diarrhea

☐ Swallowing Problems including the need for thickened liquids

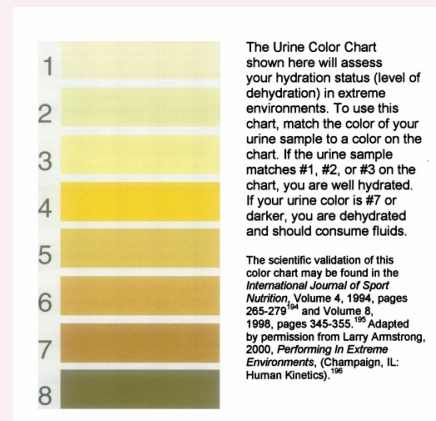## Clinical Signs

☐ Hx of unintended weight loss

☐ Recent or hx of UTI

☐ Tube Feeding

☐ Fluid Restriction

☐ Terminal illness

☐ Uncontrolled Diabetes Mellitus
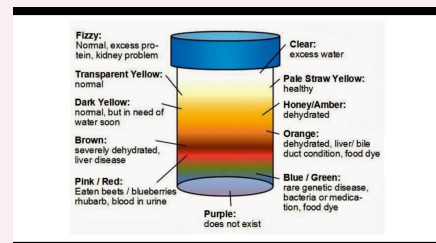
☐ Decreased kidney function

☐ Advanced age >85 yrs

Functional Signs

☐ Functional Impairment i.e. hand dexterity, blindness

☐ Cognitive Impairment

☐ Urinary Incontinence

☐ Impaired decision making

☐ Unaware of need to drink

☐ Decreased thirst

☐ Dependence for ADLs

☐ Physical mobility - wandering

☐ Unable to make needs known

Urine Analysis

The Urine Color Chart shown here will assess your hydration status (level of dehydration) in extreme environments. To use this chart, match the color of your urine sample to a color on the chart. If the urine sample matches #1, #2, or #3 on the chart, you are well hydrated. If your urine color is #7 or darker, you are dehydrated and should consume fluids.

The scientific validation of this color chart may be found in the *International Journal of Sport Nutrition*, Volume 4, 1994, pages 265-279[194] and Volume 8, 1998, pages 345-355.[195] Adapted by permission from Larry Armstrong, 2000, *Performing In Extreme Environments*, (Champaign, IL: Human Kinetics).[196]

Color Of Urine

Dehydration