Cheatography

Dehydration Risk Assessment Tool Cheat Sheet by [deleted] via cheatography.com/2754/cs/17120/

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

By [deleted]

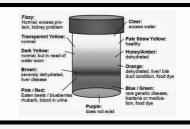
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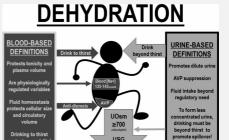
The Urine Color Chart shown here will assess your hydration status (level of dehydration) in extreme environments. To use this chart, match the color of your urine sample to a color on the chart, fift bur urine sample matches #1, #2, or #3 on the chart, you are well hydrated. If your urine color is #7 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 285-279⁴⁴ and Volume 6, 1996, pages 245-355.¹⁵⁶ Adapted by permission from Larry Armstrong 2000, Performing In Extreme Environments, (Champaign, IL: Human Kinetics).¹⁹⁶





Dehydration



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Urine Analysis