

Dehydration Skin Test

PATIENT INFORMATION:

Name: _____ Date of Birth: _____ dd / mm / yyyy

Medical Record Number: _____ Date of Assessment: _____ dd / mm / yyyy

Time of Assessment: _____

CLINICAL OBSERVATIONS:

General Appearance

- ☐ Well-hydrated (Normal appearance) ☐ Mild Dehydration (Slight dryness or dullness)
☐ Moderate Dehydration (Visible signs of dryness, reduced elasticity)
☐ Severe Dehydration (Significant dryness, pronounced wrinkles, or very slow recoil)

Skin Turgor Test Location:

- ☐ Back of Hand
☐ Forearm
☐ Abdomen

Pinch and Release:

- ☐ Immediate Recoil (Well-hydrated) ☐ Slight Delay (Mild Dehydration) ☐ Significant Delay (Moderate Dehydration)
☐ Extended Tenting (Severe Dehydration)

Skin Appearance:

- ☐ Smooth and Elastic (Well-hydrated) ☐ Rough or Flaky (Mild Dehydration)
☐ Noticeable Dry Patches (Moderate Dehydration) ☐ Severe Dryness, Cracks, or Scaling (Severe Dehydration)

Urine Color:

- ☐ Pale Yellow (Well-hydrated) ☐ Yellow (Normal) ☐ Dark Yellow (Mild Dehydration)
☐ Amber or Dark (Moderate to Severe Dehydration)

Additional Notes:

Thirst Levels:

- ☐ Normal ☐ Increased ☐ Excessive

Other Symptoms:

- ☐ Fatigue
☐ Dizziness
☐ Sunken Eyes
☐ Dry Lips
☐ Dry Mouth
☐ Low Blood Pressure

RESULTS AND RECOMMENDATIONS:

Skin Turgor Test Result:

Overall Dehydration Level:

- ☐ Well-hydrated
- ☐ Mild
- ☐ Moderate
- ☐ Severe

Recommendations: