

Signs and Symptoms of Dehydration Checklist

Nursing Home (name): _____

Resident Name: _____

Date: _____

Sign/Symptom	Yes	No	N/A
Dry skin			
Cracked lips			
Thirst			
Poor skin turgor			
Fever			
Loss of appetite/decreased fluid intake			
Nausea			
Vomiting			
Diarrhea			
Dizziness			
Increased confusion/delirium			
Laboratory values within the past month that may indicate Dehydration*			
Decreased blood pressure			
Increased pulse			
Constipation			
Concentrated urine			
Sweating			
Weakness			
Change in mental status			
Acute illness			
Dementia			
Depression			
Change in activities of daily living (ADL)			
> 25% food or fluid not consumed at meals			
Nothing-by-mouth (NPO) status			
Weight Loss			
Decreased urine output			
Swallowing difficulty			
Medications (diuretics, phenytoin, laxatives, lithium, ACE inhibitors, etc.)			

*Increased Blood Urea Nitrogen (BUN); elevated BUN: Creatinine ratio (in presence of a normal creatinine); elevated Hematocrit; elevated Potassium (K⁺); elevated Chloride (Cl⁻); elevated Urine Specific Gravity; and/or elevated Serum Osmolality; (Sodium can be increased normal or low, depending on the underlying cause of the dehydration.)

Comments:

Reviewer: _____