



Dehydration Risk Assessment Tool (Example)

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 to address the risk factors identified.

RISK FACTORS	1 ST QTR	2 ND QTR	3 RD QTR	4 TH QTR
Physiological Signs				
Insufficient fluid intake				
Diuretic therapy				
Meds (laxatives, NSAIDS, antipsychotics, steroids)				
Acute disease (fever, infection, vomiting)				
Constipation or diarrhea				
Swallowing problems or need for thickened liquids				
Clinical Signs				
Hx of unintended weight loss				
Recent or hx of UTI				
Tube feeding/enteral nutrition				
Fluid restriction				
Terminal illness				
Uncontrolled diabetes mellitus				
Decreased kidney function				
Advanced age >85				
Functional Signs				
Functional impairment (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				
COMPLETED BY:				
DATE COMPLETED:				
INDIVIDUAL'S NAME:				