

Dehydration Skin Test

Patient information

Name:

Date of birth:

Medical record number:

Date of assessment:

Time of assessment:

Clinical observations:

1. 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)

2. 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)

3. Skin appearance

- Smooth and elastic (Well-hydrated)
- Rough or flaky (Mild dehydration)
- Noticeable dry patches (Moderate dehydration)
- Severe dryness, cracks, or scaling (Severe dehydration)

4. 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: