

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: