

Skin Turgor Test

Patient name: _____ Age: _____ Gender: _____

Date: _____ Examiner: _____

Test procedure

1. Select a site for the test. Common areas for testing include the lower arm or abdomen.
2. Grasp a small section of skin between two fingers and pull it upwards to create a "tent."
3. After a few seconds, release the skin and observe how quickly it returns to its original position.



Results and interpretation

- ☐ **Normal response:** The skin should return immediately or within a second.
- ☐ **Poor response:** If the skin remains tented or takes several seconds to return, this may indicate dehydration.

Additional notes