

# 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