

Dehydration Skin Test

PATIENT INFORMATION

Name: _____ Date of Birth: _____ dd / mm / yyyy

Medical Record Number: _____ Date of Assessment: _____ dd / mm / yyyy

Time of Assessment: _____

CLINICAL OBSERVATIONS

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)

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)

Skin Appearance

- Smooth and Elastic (Well-hydrated)
 Rough or Flaky (Mild Dehydration)
 Noticeable Dry Patches (Moderate Dehydration)
 Severe Dryness, Cracks, or Scaling (Severe Dehydration)

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

Recommendations