Dehydration Risk Appraisal Checklist

**Instruction:**
The information on this form may be collected from direct observation, from chart review, or from MDS information that has been collected. Many of the items on this checklist have MDS identifiers next to them reflecting that information from MDS can be used to complete this checklist. The total number of risk factors should be totaled. The higher the number of risk factors checked, the higher the risk for hydration problems. Please check all that apply.

- □ > 85 years
- □ Female
- □ BMI < 21 or > 27
- □ BMI = weight (kg)/height (m)^2

**Significant Health Conditions/Situations**
- □ Dementia/ + screen for cognitive impairment
- □ Depression/ + screen for depression
- □ CVA
- □ Diabetes
- □ Urinary Incontinence
- □ Major Psychiatric Disorders
- □ Urinary Incontinence
- □ Vomiting
- □ NPO status
- □ Renal Disease
- □ Cardiac Arrhythmias
- □ Malnutrition
- □ History of dehydration
- □ History of repeated infections
- □ > 4 chronic health conditions
- □ Fever
- □ Diarrhea

**Medications**
- □ > 4 medications
- □ Diuretics
- □ Laxatives
- □ Psychotropics: Antipsychotics, Antidepressants, Anxiolytics
- □ Steroids
- □ ACE Inhibitors

**Intake Behaviours**
- □ Requires assistance to drink
- □ Semi-dependent with feeding
- □ Has difficulty swallowing/Chokes
- □ Fluid intake of < 1500ml/day
- □ Can drink independently but forgets
- □ Spills
- □ Poor eater (eats < 50% of food)
- □ Receives tube feedings
- □ Receiving IV fluid therapy
- □ Holds food/liquid in mouth
- □ Drools
- □ Spits out food/liquid
- □ Poor eater (eats < 50% of food)
- □ Receives tube feedings

**Laboratory Indicators**
- □ Urine specific gravity > 1.020
- □ Serum sodium > 150 meq/L
- □ Urine colour dark yellow > 4
- □ Serum osmolality >300 mmol/Kg
- □ BUN/Creatinine > 20:1
- □ Hematocrit > normal

Date of Assessment: ________________________ Assessor: ____________________________

References: