

HYDRATION ASSESSMENT

DEHYDRATION	HOMEOSTASIS	EDEMA
Skin not flushed & slow snap, lips cracked _____	Skin warm/dry with skin turgor with good stretch & snap _____	Skin moist & swollen or puffy _____
Mucus membranes dry, tongue dry, coated, swollen, fissured, _____	Mucus membranes & tongue moist color pink _____	Neck veins distended _____
Poor acceptance of fluids _____	Accepts fluids well _____	
Scanty or infrequent voiding _____	voids 2-3 times per 8-hours _____	Frequent voiding _____
Output greater than intake _____	Intake/output balance _____	Intake greater than output _____
<Weight	Weight stable	>Weight
<BP	BP WNL	>BP
>Hct	Hct M(40-54) F(37-47)	<Hct
>Hgb	Hgb M(14-18) F(12-16)	<Hgb
>Na	Na(136-145)	<Na
>BUN	BUN	<BUN
>Specific Gravity AM/PM _____	Specific Gravity AM/PM (1.008-1.030)	<Specific Gravity AM/PM _____
>Serum Osmolality _____	Serum Osmolality (280-300)	<Serum Osmolality _____

$$\text{Serum Osmolality} = 2(\text{Na} + \text{K}) + \frac{\text{Glucose}}{18} + \frac{\text{BUN}}{2.8}$$

Hydration Status

Homeostasis	Dehydration	Edema	Borderline/Questionable

