

HYDRATION LEVEL ASSESSMENT

Clinical Reference & Patient Observation Chart

PATIENT NAME / ID
DATE / TIME
ASSESSOR

Clinical Status	Physical Indicators	Neurological/Systemic
Optimal	Moist mucous membranes, normal skin turgor, clear/pale urine.	Alert, responsive, normal thirst sensation.
Mildly Dehydrated	Dry mouth, slight decrease in urine output, darker yellow urine.	Increased thirst, slight fatigue, mild headache.
Moderately Dehydrated	Sunken eyes, slow skin turgor recoil (>2s), dry tongue.	Dizziness, irritability, rapid heart rate, oliguria.
Severely Dehydrated	Parched membranes, skin tenting, cold extremities, cyanosis.	Lethargy, confusion, hypotension, anuria, weak pulse.

BLOOD PRESSURE (mmHg)
HEART RATE (BPM)
URINE SPECIFIC GRAVITY

CLINICAL NOTES & INTERVENTION PLAN
FOR PROFESSIONAL CLINICAL USE ONLY & NOT A CONFIDENTIAL MEDICAL RECORD