

GULP Dehydration Risk Screening Tool

To complete **GULP**, tick the boxes which represent your findings. Add up the total tick scores and follow the risk care plan accordingly. **GULP** is to be completed at initial contact and as and when circumstances change i.e. following illness. **For service users on a fluid restriction seek medical advice before making or suggesting any changes to fluid intake.**

Name: _____ D.O.B: ____/____/____ NHS: ____-____-____

Date of assessment: ____/____/____ Initials of assessor: ____

GULP	Score 0	Score 1	Score 2
G auge 24hr fluid intake <i>Tick one box</i>	Intake greater than 1600ml <input type="checkbox"/>	Unable to assess intake <i>or</i> Intake between 1200ml - 1600ml <input type="checkbox"/>	Intake less than 1200ml <input type="checkbox"/>
U rine colour (use pee chart) <i>Tick one box</i>	Urine colour score 1-3 <input type="checkbox"/>	Unable to assess urine colour <input type="checkbox"/>	Urine colour score 4-8 <input type="checkbox"/>
L ook for signs, symptoms and risk factors for dehydration <i>Tick all boxes that apply</i>	No signs of dehydration <input type="checkbox"/>	If <i>any</i> of below reported: - Repeated UTIs - Frequent falls - Postural hypotension - Dizziness or light-headedness - Taking diuretics - Open or weeping wound - Hyperglycaemia <input type="checkbox"/>	If <i>any</i> of below reported: - Drowsiness - Low blood pressure - Weak pulse - Sunken eyes - Increased confusion or sudden change in mental state - Diarrhoea and/or vomiting - Fever <input type="checkbox"/>
P lan For plan add tick scores together: G+U+L=Plan <i>Tick risk care plan to follow</i>	Total score: _____		
	Low risk = score 0 <input type="checkbox"/> ●Encourage service user to continue with current fluid intake ●Place "Keeping Hydrated" leaflet in care plan	Medium risk = score 1-3 <input type="checkbox"/> ●Encourage service user to increase frequency or size of drinks ●Discuss "Keeping Hydrated" leaflet ●Ask service user to self-monitor urine colour and aim for urine colour 1-3	High risk = score 4-7 <input type="checkbox"/> ●Encourage service user to take an extra 1000ml of fluid per day by: ○ Offering 250ml drinks at each visit ○ Explaining guidance to family/carers ○ Providing "The Hydrant" and "Hydration Boosters" leaflets ●Discuss "Keeping Hydrated" leaflet

"Keeping Hydrated" & "Hydration Boosters" available to print at: <http://goo.gl/WU2vM> "The Hydrant" available at: www.hydrateforhealth.co.uk