

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"/> <ul style="list-style-type: none"> ● Encourage service user to continue with current fluid intake ● Place "Keeping Hydrated" leaflet in care plan | Medium risk = score 1-3 <input type="checkbox"/> <ul style="list-style-type: none"> ● 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"/> <ul style="list-style-type: none"> ● Encourage service user to take an extra 1000ml of fluid per day by: <ul style="list-style-type: none"> ○ 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