

Name\_\_\_\_\_

NHS Number\_\_\_\_-\_\_\_\_-\_\_\_\_

Date of Birth\_\_\_\_/\_\_\_\_/\_\_\_\_

## GULP Dehydration Risk Screening Tool Assessment

	Score 0	Score 1	Score 2
<b>G</b> auge 24hr fluid intake	Intake greater than 1600ml	Unable to assess intake <i>or</i> Intake between 1200 and 1600ml	Intake less than 1200ml
<b>U</b> rine colour (use pee chart)	Urine colour score 1-3	Unable to assess urine colour	Urine colour score 4-8
<b>L</b> ook for signs, symptoms and risk factors for dehydration	No signs of dehydration	If any of below reported: <ul style="list-style-type: none"> <li>- Repeated UTIs</li> <li>- Frequent falls</li> <li>- Postural hypotension</li> <li>- Dizziness or light-headedness</li> <li>- Dry mouth, lips or eyes</li> <li>- Taking diuretics</li> <li>- Open or weeping wound</li> <li>- Hyperglycaemia</li> </ul>	If any of the below reported: <ul style="list-style-type: none"> <li>- Drowsiness</li> <li>- Low blood pressure</li> <li>- Weak pulse</li> <li>- Sunken eyes</li> <li>- Increased confusion or sudden change in mental state</li> <li>- Diarrhoea and/or vomiting</li> <li>- Fever</li> </ul>
<b>P</b> lan	Low risk = total score 0	Medium risk = total score 1-3	High risk = total score 4+ (maximum score = 7)

Date of assessment\_\_\_\_\_

Initials of assessor\_\_\_\_\_

Total score\_\_\_\_\_

High/Medium/Low risk care plan to be followed (circle as appropriate)



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Care Plan – Low risk of harm from dehydration	Care Plan – Medium risk of harm from dehydration	Care Plan – High risk of harm from dehydration
<ul style="list-style-type: none"> <li>• Encourage service user to continue with current fluid intake</li> <li>• Place “Keeping Hydrated” leaflet in pink folder</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage service user to increase frequency or size of drinks – using “Keeping Hydrated” leaflet for ideas</li> <li>• Ask service user to self-monitor urine colour and aim for urine colour 1-3</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure service user takes extra 4 x 250ml drinks per day (in addition to usual fluids and foods) by:               <ul style="list-style-type: none"> <li>○ Explaining guidance to family/carers</li> <li>○ Offer or encourage 250ml drinks at each visit</li> <li>○ Providing “Hydrant Information”</li> </ul> </li> <li>• Discuss “Keeping Hydrated” leaflet with service user and/or family and carers</li> </ul>

This tool has been developed by the Food First team – part of SEPT Community Health Services Bedfordshire  
 If you would like more information regarding the tool please contact the team on 01582 707629 or email [foodfirst@sept.nhs.uk](mailto:foodfirst@sept.nhs.uk)

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