**<INSERT SERVICE USER NAME> GULP DEHYDRATION RISK SCREENING ASSESSMENT**

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| **Service user’s name:** | | **Assessed by:** | | **Score** |
| **Date of GULP assessment:** | |  | |
|  | **Score 0** | **Score 1** | **Score 2** |
| **Gauge 24 hour fluid intake** | Intake greater than 1600ml | Unable to assess intake  Or  Intake between 1200 and 1600ml | Intake less than 1200ml | (A) |
| **Urine colour (from chart)** | Urine colour score 1-3 | Unable to assess urine colour | Urine colour score 4-8 | (B) |
| **Look for signs symptoms and risk factors for dehydration** | No signs of dehydration | If any of the following are reported:-   * Repeated UTI’s * Frequent falls * Postural hypertension * Dizziness or light-headedness * Dry mouth, lips or eyes * Taking diuretics * Open or weeping wound * Hyperglycaemia (low blood sugar) | If any of the following are reported:-   * Drowsiness * Low blood pressure * Weak pulse * Sunken eyes * Increased confusion or sudden change in mental state * Diarrhoea and/or vomiting * Fever | (C) |
| **Plan** | Low risk – total score 0 | Medium risk = score 1-3 | High risk = total score 4+ (max score = 6) | **Total score**  **(A+B+C)** |
| **Care Plan for low risk of harm from dehydration** | **Care Plan for medium risk of harm from dehydration** | **Care Plan for high risk of harm from dehydration** |  |
| * Encourage service user to continue with fluid intake * Monitor fluid intake and signs of dehydration * Reassess GULP monthly or if fluid intake decreases of signs of dehydration are reported whichever is sooner | * Encourage service user to increase frequency and size of drinks. * Record fluid intake daily * Monitor urine colour and aim for colour score 1-3 * Reassess GULP weekly until risk reduces to low risk then reassess GULP monthly or if fluid intake decreases of signs of dehydration are reported whichever is sooner | * Seek advice from GP * Ensure service user take and extra 4 x 250ml drinks per day in addition to usual food and fluids * Record fluid intake daily * Monitor urine colour and aim for colour score 1-3 * Reassess GULP daily until risk reduces to medium risk then reassess GULP weekly until risk reduces to low risk or if fluid intake decreases of signs of dehydration are reported whichever is sooner |

