

## GULP Dehydration Risk Screening Tool

To complete GULP, tick the boxes which represent your findings. Add up the total score 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 anyone on a fluid restriction seek medical advice before suggesting any change to fluid intake.**

Name: \_\_\_\_\_ D.O.B: \_\_\_/\_\_\_/\_\_\_ NHS: \_\_\_\_-\_\_\_\_-\_\_\_\_

Date of assessment: \_\_\_/\_\_\_/\_\_\_ Initials of assessor: \_\_\_\_

GULP	Score 0	Score 1	Score 2
<b>G</b> 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"/>
<b>U</b> 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"/>
<b>L</b> 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"/>
<b>P</b> lan For plan add tick scores together: <b>G+U+L=Plan</b> <i>Tick risk care plan to follow</i>	Total score: _____		
	<b>Low risk = score 0</b> <input type="checkbox"/>  ●Encourage service user to continue with current fluid intake ●Place "Keeping Hydrated" leaflet in care plan	<b>Medium risk = score 1-3</b> <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	<b>High risk = score 4-7</b> <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' and 'Hydration Boosters' are available to print at [www.cambscommunityservices.nhs.uk](http://www.cambscommunityservices.nhs.uk), and search Food First. Visit [www.hydrateforhealth.co.uk](http://www.hydrateforhealth.co.uk) for 'The Hydrant'.