

# Dehydration risk appraisal checklist



A dehydration risk appraisal checklist (DRAC) can be used to identify individuals at risk of dehydration. The total number of risk factors should be totalled. The higher the number of risk factors checked, the higher the risk of dehydration.

## DEHYDRATION RISK APPRAISAL CHECKLIST

| Significant health conditions                                  | Checklist |
|----------------------------------------------------------------|-----------|
| MMSE * score $\leftarrow$ 24 (indicating cognitive impairment) |           |
| Urinary incontinence                                           |           |
| Dementia diagnosis                                             |           |
| GDS * score $\rightarrow$ 6 (indicating depression)            |           |
| Semi-dependent in ADLs *                                       |           |
| Repeated infections                                            |           |
| History of dehydration                                         |           |
| Intake behaviours                                              | Checklist |
| Abnormal body mass index                                       |           |
| Can drink independently but forgets                            |           |
| Has difficulty swallowing                                      |           |
| Requires assistance to drink                                   |           |
| Poor eater                                                     |           |
| Medications                                                    | Checklist |
| Laxatives agents                                               |           |
| Psychotropic agents                                            |           |
| Diuretic agents                                                |           |

\*ADLs = activities of daily living; GDS = Geriatric Depression Scale; MMSE = Mini-Mental State Examination

Source: Menten, J., and J.Wang.2010. Measuring risk for dehydration in nursing home residents. *Research in Gerontological Nursing* 4 (2): 148-56.

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