

## Assessment of resident with dehydration

### Identify the cause of dehydration:

Common causes of dehydration in RACF residents include:

Domain	System	Example causes
Reduced oral intake	Functional	Inability to feed independently Poor access to fluids (especially hot weather)
	Psychological	Change in thirst - need to drink from habit, not thirst Depression Fear of choking Dislike of fluids offered or temperature of fluids offered (hot or cold) Cognitive impairment Fear of social embarrassment associated with incontinence
	Oropharyngeal disease	Ulceration Obstruction (cancer, stricture)
	Disorders of swallowing	Neurological (Parkinson's disease, recurrent strokes) Cognitive decline
	Sedation	Medications Altered level of consciousness due to organic cause
Increased fluid losses	Gastrointestinal	Vomiting or diarrhoea
	Polyuria	Unstable diabetes Diuretics Hypercalcemia Reduced renal concentrating capacity
	Insensible losses	Sweating Fear
	Third space losses	Chronic liver disease Pancreatitis