GULP Dehydration Risk Screening Tool

To complete GULP, tick the boxes which represent your findings. Add up the total tick scores 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 service users on a fluid restriction seek medical advice before making or suggesting any changes to fluid intake.

Name: ___________________  D.O.B: ___/___/____  NHS: _____-____-______  
Date of assessment: _____/____/______  
Initials of assessor: ____

<table>
<thead>
<tr>
<th>GULP</th>
<th>Score 0</th>
<th>Score 1</th>
<th>Score 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gauge 24hr fluid intake</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tick one box</td>
<td>Intake greater than 1600ml</td>
<td>Unable to assess intake or Intake between 1200ml - 1600ml</td>
<td>Intake less than 1200ml</td>
</tr>
<tr>
<td>Urine colour (use pee chart)</td>
<td>Tick one box</td>
<td>Urine colour score 1-3</td>
<td>Unable to assess urine colour</td>
</tr>
</tbody>
</table>

Look for signs, symptoms and risk factors for dehydration
Tick all boxes that apply

No signs of dehydration
If any of below reported: - Repeated UTIs - Frequent falls - Postural hypotension - Dizziness or light-headedness - Taking diuretics - Open or weeping wound - Hyperglycaemia
If any of below reported: - Drowsiness - Low blood pressure - Weak pulse - Sunken eyes - Increased confusion or sudden change in mental state - Diarrhoea and/or vomiting - Fever

Plan
For plan add tick scores together: G+U+L=Plan
Tick risk care plan to follow

Low risk = score 0
- Encourage service user to continue with current fluid intake
- Place "Keeping Hydrated" leaflet in care plan

Medium risk = score 1-3
- 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

High risk = score 4-7
- 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" & "Hydration Boosters" available to print at: http://goo.gl/WU2vM  "The Hydrant" available at: www.hydrationforhealth.co.uk

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  
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