

Dehydration assessment tool (DAT)

Mild dehydration (0-4%)	Moderate dehydration (5-9%)	Severe dehydration (> 10%)
Symptoms: - Thirsty - Restless	Symptoms: - Lethargic - Irritable	Symptoms: - Limp - Drowsy
Physical signs: - Slightly dry <u>buccal mucosa</u>	Physical signs: - Dry <u>buccal mucosa</u> - Sunken eyes and <u>fontanelle</u> - Decreased urine output - Altered skin elasticity - Signs of ketosis	Physical signs: - Drowsiness - Skin retraction time > 2 seconds - Capillary refill time > 3 seconds - Shock (tachycardia, poor volume peripheral pulses, cool peripheries) Hypotension is a late ominous sign