

Physical Findings of Dehydration

	Mild	Moderate	Severe
Mentation	Alert	Lethargic	Obtunded
Capillary refill	2 sec	2-4 sec	>4 sec, cool skin
Mucous membranes	Normal	Dry	Parched, cracks
Heart rate	Slightly up	Increased	Very increased
Pulse (character)	Normal, full	Thready	Faint, impalpable
Respiratory rate	Normal	Increased	Fast; hyperpnea
Blood pressure	Normal	Orthostatic	Decreased
Skin turgor	Normal	Slow	Tenting
Urine output	Decreased	Oliguria	Oliguria, anuria