**QUICK ASSESSMENT GUIDE FOR FLUID BALANCE**

Fluid Volume

| System  Assessed | Fluid Volume Excess | Deficit |
| --- | --- | --- |
| *Neurological* |  | Change in orientation  Confusion |
| *Cardiovascular* | Bounding pulse  Increased pulse rate  Jugular distention  Over distended hand veins  that are slow to fill  (> 3 s) | Decreased pulse rate  Deceased blood pressure  Narrow pulse pressure  Slow hand vein filling (> 3s) |
| *Respiratory* | Moist crackles  Respiratory rate >20  Dyspnea  Pulmonary edema | Lungs clear |
| *Integument* | Warm moist skin  Fingerprinting over sternum | Decreased turgor over sternum  and forehead  Decreased skin temperature |
| *Eyes* | Periorbital edema  (suggests significant fluid retention) | Dry conjunctiva  Sunken eyes  Decreased tearing |
| *Mouth* |  | Sticky, dry mucous membranes |
| *Lips* |  | Dry, cracked |
| *Tongue* | Severe: edema difficult speech | Extra longitudinal furrows |
| *Body weight* | Mild: <5% over normal  Moderate: 5-10 % over normal  Severe: > 15% over normal | Mild: <5% less than normal  Moderate: 5-10% less than normal  Severe: > 15% less than normal |