

Deconditioning: OBSERVABLE SIGNS AND SYMPTOMS OF UNDERNUTRITION AND DEHYDRATION

FOR OWNERS, MANAGERS, AND HEALTH CARE PERSONNEL



Dry skin
Dry mouth, limited saliva production
Dry, chapped lips



Headaches
Feeling thirsty
Decreased appetite / decreased fluid intake



Fluid intake less than 1500 mL per day
Total intake (food and fluids) less than 75% of what
is usually consumed



Concentrated urine (colour of apple juice)
Reduced urine output
Foul-smelling urine

Constipation
Dizziness
Weakness



Altered level of consciousness
Increased confusion / delirium
Irritability

Difficulty swallowing
Unintentional weight loss
Wasting

Unusual pallor of the face
Difficulty getting up from a chair without using the armrests
Decrease in regular activities

