

CP-FLUID — Fluid Balance & Nutrition Score (Group F)

Tracks intake, output, hydration and eating. **Links to:** F1-F13, E9

Patient: _____ ID: _____ Date/Time: _____ Nurse: _____

Item	0	1	2	Score
Oral intake today	Eats >75% of meals	Eats 25–75%	Eats <25% or nil by mouth	
Fluid balance (24 h)	Within ± 500 mL	± 500 –1000 mL	More than ± 1000 mL	
Urine output	≥ 0.5 mL/kg/h	Reduced, dark	<0.5 mL/kg/h for 6 h	
Hydration signs	Moist mouth, normal skin	Dry mouth, thirsty	Sunken eyes, confused	
Weight change (1 week)	No change	1–2 kg change	More than 2 kg	
Swallowing / nausea	No problem	Mild nausea or slow swallow	Vomiting or coughing on food	
TOTAL				

Score	Level	Action
0–2	Low	Continue chart, encourage fluids
3–5	Medium	Strict input/output chart, daily weight, inform doctor
≥ 6	High	Doctor review today, dietitian / swallow referral

⚠ **Red flags — escalate at once regardless of score:** Urine <0.5 mL/kg/h for 6 h

Score each item 0, 1 or 2 · add the total · follow the action band · any red flag = escalate (SBAR) · rescore after each intervention and at least once per shift.

Nursing notes / action taken:

Original tool, not yet validated. Pilot and review with clinicians before clinical decisions. Supports, but does not replace, clinical judgment, validated scales and local policy.