Table 3

Clinical features indicating dehydration (modified from the NICE guideline on diagnosis, assessment and management of diarrhoea and vomiting in children under 5)[2]

	No clinically detectable dehydration	Clinical dehydration	Clinical shock
Symptoms Remote and face-to-face assessments	Appears well	▲ Appears to be unwell or deteriorating	-
	Alert and responsive	▲ Altered responsiveness (for example, irritable, lethargic)	Decreased level of consciousness
	Normal urine output	Decreased urine output	-
	Skin colour unchanged	Skin colour unchanged	Pale or mottled skin
	Warm extremities	Warm extremities	Cold extremities
Signs Face-to-face assessments	Alert and responsive	▲ Altered responsiveness (for example, irritable, lethargic)	Decreased level of consciousness
	Skin colour unchanged	Skin colour unchanged	Pale or mottled skin
	Warm extremities	Warm extremities	Cold extremities
	Eyes not sunken	▲ Sunken eyes	-
	Moist mucous membranes (except after a drink)	Dry mucous membranes (except for 'mouth breather')	-
	Normal heart rate	▲ Tachycardia	Tachycardia
	Normal breathing pattern	▲ Tachypnoea	Tachypnoea
	Normal peripheral pulses	Normal peripheral pulses	Weak peripheral pulses
	Normal capillary refill time	Normal capillary refill time	Prolonged capillary refill time
	Normal skin turgor	▲ Reduced skin turgor	-
	Normal blood pressure	Normal blood pressure	Hypotension (decompensated shock)

▲ = Red flag symptoms or signs that may help to identify children at increased risk of progression to shock