

**Figure 1:**

**Screenshot of some of the standard operating procedures used to standardise the tests in DRIE**

(For a full copy of the Standard Operating Procedures, including all the tests run, see Supplementary File 1)

SOP for Data collection, DRIE Study (version 2.15, 11<sup>th</sup> Jan 2013 for dissemination)

*Equipment required:* Stopwatch

**H.1 Skin turgor**

| Examination   | Scoring  | Descriptions of scoring categories                 |
|---|--|--|
| <p><b>Skin turgor on back of hand:</b><br/>Use resident's dominant hand resting on knee, with fingers gently flexed at a 30 degree angle to the hand, gently pinching skin and assessing in 2 planes (see pictures 26-29).</p> <p>Assess between 3<sup>rd</sup> and 4<sup>th</sup> digit:</p> <p>(i) parallel to fingers</p> <p>(ii) Then at 45 degrees to this, angled towards the little finger.</p> <p>Using a stopwatch, record how long skin takes to return to its normal position – round down to largest whole digit.</p> | <p>(i) _____ seconds</p> <p>(ii) _____ seconds</p> | <p>After 10 seconds, record all times as '10'.</p> |

**Pictures 26-29: Examination of skin turgor on back of hand**

Picture 26: Testing hand is resting on knee, gently flexed, so not totally flat. Assessing skin turgor on hand, gently pinching loose skin parallel to fingers.



Picture 27: Observing skin fold returning to normal, and using stopwatch to time



Picture 28: Assessing skin turgor on hand, gently pinching loose skin at 45 degrees to fingers, towards little finger.



Picture 29: Observing skin fold returning to normal, and using stopwatch to time.

