

Adapted Waterlow Pressure Area Risk Assessment Chart

More than one score/category can be used:

10+= 'At Risk': 15+ = 'High Risk': 20+ = 'Very High Risk'

WRITE, IMPRINT OR ATTACH LABEL

Surname NHI No

Forenames Sex.....

DoB

Location.....

Undertake and document risk assessment within 6 hours of admission or on first home visit.

Reassess if there is a change in individual's condition and repeat regularly according to local protocol.

Sex									
Male	1								
Female	2								
Age									
14 – 49	1								
50 – 64	2								
65 – 74	3								
75 – 80	4								
81+	5								
Build/Weight for Height (BMI=weight in Kg/height in m²)									
Average – BMI 20-24.9	0								
Above average – BMI 25-29.9	1								
Obese – BMI > 30	2								
Below average – BMI < 20	3								
Continence									
Complete/catheterised	0								
Incontinent urine	1								
Incontinent faeces	2								
Doubly incontinent (urine & faeces)	3								
Skin Type – Visual Risks Area									
Healthy	0								
Tissue paper (thin/fragile)	1								
Dry (appears flaky)	1								
Oedematous (puffy)	1								
Clammy (moist to touch)/pyrexia	1								
Discoloured (bruising/mottled)	2								
Broken (established ulcer)	3								
Mobility									
Fully mobile	0								
Restless/fidgety	1								
Apathetic (sedated/depressed/reluctant to move)	2								
Restricted (restricted by severe pain or disease)	3								
Bedbound (unconscious/unable to change position/traction)	4								
Chair bound (unable to leave chair without assistance)	5								
Nutritional Element									
Unplanned weight loss in past 3-6 months									
< 5% Score 0 , 5-10% Score 1 , >10% Score 2	0-2								
BMI >20 Score 0 , BMI 18.5-20 Score 1 , BMI < 18.5 Score 2	0-2								
Patient/ client acutely ill or no nutritional intake > 5 days	2								

Special Risks – Tissue Malnutrition									
Multiple organ failure/terminal cachexia	8								
Single organ failure e.g. cardiac, renal, respiratory	5								
Peripheral vascular disease	5								
Anaemia = Hb < 8	2								
Smoking	1								
Special Risks – Neurological Deficit									
Diabetes/ MS/ CVA/ motor/ sensory/ paraplegia <i>Max 6</i>	4-6								
Special Risks – Surgery/Trauma									
On table > 6 hours	8								
Orthopaedic/ below waist/spinal (up to 48 hours post op)	5								
On table > 2 hours (up to 48 hours post op)	5								
Special Risks – Medication									
Cytotoxic, anti-inflammatory, long term/high dose steroid <i>Max 4</i>	4								
Total Score									
Date									
Initials									
Time									

Ensure plan of care is implemented / reviewed for all identified areas of concern.