

## Waterlow Risk Assessment Score

Circle appropriate score for each factor then total	Date of assessment							
	Time of assessment							
<b>Sex</b>								
	Male	1	1	1	1	1	1	1
	Female	2	2	2	2	2	2	2
<b>Age:</b>								
	14-49	1	1	1	1	1	1	1
	50-64	2	2	2	2	2	2	2
	65-74	3	3	3	3	3	3	3
	75-80	4	4	4	4	4	4	4
	81+	5	5	5	5	5	5	5
<b>Build/weight for height</b>								
	Average (BMI 20-24.9)	0	0	0	0	0	0	0
	Above average (BMI 25-29.9)	1	1	1	1	1	1	1
	Obese (BMI>30)	2	2	2	2	2	2	2
	Below average (BMI<20)	3	3	3	3	3	3	3
<b>Contenance</b>								
	Complete/catheterised	0	0	0	0	0	0	0
	Urine incontinence	1	1	1	1	1	1	1
	Faecal incontinence	2	2	2	2	2	2	2
	Double incontinence	3	3	3	3	3	3	3
<b>Skin type and visual risk areas</b>								
<b>Select all/any that apply</b>								
	Healthy	0	0	0	0	0	0	0
	Tissue paper	1	1	1	1	1	1	1
	Dry	1	1	1	1	1	1	1
	Oedematous	1	1	1	1	1	1	1
	Clammy, Pyrexia	1	1	1	1	1	1	1
	Non Blanching, Erythema (Category 1)	2	2	2	2	2	2	2
	Broken/spots including D.T.I (Category 2-4)	5	5	5	5	5	5	5
<b>Mobility</b>								
	Full	0	0	0	0	0	0	0
	Restless/fidgety	1	1	1	1	1	1	1
	Apathetic	2	2	2	2	2	2	2
	Restricted	3	3	3	3	3	3	3
	Bedbound (e.g. traction)	4	4	4	4	4	4	4
	Chair bound (e.g. wheelchair)	5	5	5	5	5	5	5
<b>Malnutrition</b>								
<b>If malnutrition score &gt;2 refer for dietetic assessment/intervention</b>								
	No recent weight loss	0	0	0	0	0	0	0
	Loss 0.5-5kg	1	1	1	1	1	1	1
	Loss 5-10kg	2	2	2	2	2	2	2
	Loss 10-15kg	3	3	3	3	3	3	3
	Loss >15kg	4	4	4	4	4	4	4
	Unsure of weight loss	2	2	2	2	2	2	2
<b>Eating poorly or lack of appetite:</b>								
	No	0	0	0	0	0	0	0
	Yes	1	1	1	1	1	1	1
<b>Special risks</b>								
<b>Tissue Malnutrition</b>								
<b>Select all/any that apply</b>								
	Terminal cachexia	8	8	8	8	8	8	8
	Multi-organ failure	8	8	8	8	8	8	8
	Single organ failure	5	5	5	5	5	5	5
	Peripheral vascular disease	5	5	5	5	5	5	5
	Anaemia (Hb<80gl)	2	2	2	2	2	2	2
	Smoking	1	1	1	1	1	1	1
<b>Neurological deficit</b>								
<b>Score 5 if any apply</b>								
	Diabetes, Multiple Sclerosis, Stroke, Motor/sensory loss or paraplegia	5	5	5	5	5	5	5
<b>Medication</b>								
	At risk medication e.g. Cytotoxics, long term or high does steroids, Anti-inflammatory	3	3	3	3	3	3	3
<b>Major surgery or trauma</b>								
<b>Select all/any that apply</b>								
	Below waist orthopaedic or spinal	5	5	5	5	5	5	5
	On table > 2 hours *	5	5	5	5	5	5	5
	On table > 6 hours *	8	8	8	8	8	8	8
<small>*discount after 48 hrs providing the patient is recovering normally</small>								
<b>Total Score</b>	<b>AT VERY HIGH RISK (20+)</b>							
	<b>AT HIGH RISK (15+)</b>							
	<b>AT RISK (10+)</b>							
	<b>LOW RISK &lt;10</b>							
<b>SIGNATURE</b>								



# Guidelines for Completion of Waterlow Risk Assessment Score

## Waterlow risk assessment should be performed:

- At initial assessment within 6 hours of admission

## and:

- At least weekly

## Or:

- If there is a change in an individual's condition or circumstances
- If there is a change in carer or care setting
- If the risk status remains high

## Assigning a numerical value to each of the following categories:

### Sex

### Age

### BMI

- Make an estimate of Weight/height when patients' condition prevents accurate measurement

### Continence

### Skin type - Score all that apply

- Note any oedematous (swelling) clammy (moisture) or pyrexia (high temperature)
- Record Category (Grade) 1 pressure ulcer
- Broken spot to include any pressure ulceration - Category (Grade) 2 or above (including D.T.I)

### Mobility - Score must appropriate

- Restlessness increases risk of damage from shear or friction
- Apathetic records lack of interest or motivation - patient less likely to mobilise

### Malnutrition-Weight loss

- Record unintentional weight loss
- Note any lack of appetite
- Patients receiving naso-gastric tube feed or TPN should be coded as "No" - score 0

### Special Risks

#### Tissue malnutrition - Score all that apply

- Terminal cachexia-weakness and wasting of the body due to an end of life illness

#### Neurological deficit-

- Score 5 if the patient has any of the conditions listed
- For Diabetic patients who are unaware of their neuropathic status assume lower limb neuropathy until testing can be completed

#### Major surgery or trauma-Score all that apply

- Relates to the first 48 hours following surgery or any procedure (e.g. X-ray) where the patient is immobile.

#### Medication-score is 3 for any patient taking medication listed below

- *For example*
  - Patients taking cytotoxic therapy and steroids - score 3
  - Patients on long term / high dose steroids - score 3
  - Anti-inflammatory medication is a lower risk score but score as 3
- Patients who are unstable and on medication listed are at greater risk of developing pressure ulceration. Use your clinical judgement when evaluating risk

**Risk factors should be addressed and where possible reduced in the plan of care**

**Reassessment, care and equipment review should be planned, regular and documented**

**Waterlow score is an indicator of risk but does not override clinical judgement. Provide a support surface matched to an individual's needs. The following guidance may be helpful**

**At risk 10+** Hospital foam mattress and chair with integral specialist foam and complete a Care Plan.

**At high-risk 15+** Consider the use of dynamic mattress replacement and/or an alternating cell seat cushion. Complete a Care plan

**Very high risk 20+** Implement use of a dynamic mattress replacement system and/ or an alternating cell seat cushion. Complete a Care plan