

**Waterlow Pressure Risk Assessment Scale:**

Adapted from Cook M, Hale C and Watson B. Interrater reliability and the assessment of pressure-sore risk using an adapted Waterlow Scale, Clinical Effectiveness in Nursing, 3 (2): 66-74, 1999; all of Table 1. Used with permission from Elsevier Publishing.

Scoring:

Add up the scores from each category to get the total Waterlow score.

If sum =

10-15 – At Risk

15 – 20 – High Risk

20+ - Very High Risk

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Several scores per category can be used.

<p><b>Build/Weight for height</b></p> <p>Average 0</p> <p>Above average 1</p> <p>Obese 2</p> <p>Below 3</p>	<p><b>Appetite</b></p> <p>Average 0</p> <p>Poor 1</p> <p>NG tube/ fluids only 2</p> <p>NBM/ anorexic 3</p>
<p><b>Continence</b></p> <p>Completely catheterized 0</p> <p>Occasionally incontinent 1</p> <p>Catheterized / incontinent of feces 2</p> <p>Double incontinent 3</p>	<p><b>Tissue Malnutrition</b></p> <p>Terminal cachexia 8</p> <p>Cardiac failure 5</p> <p>Peripheral vascular disease 5</p> <p>Anaemia 2</p> <p>Smoking 1</p>
<p><b>Skin type: visual risk area</b></p> <p>Healthy 0</p> <p>Tissue paper 1</p> <p>Dry 1</p> <p>Oedematous 1</p> <p>Clammy (Temp increase) 1</p> <p>Discoloured 2</p> <p>Broken/spot 3</p>	<p><b>Neurological deficit</b></p> <p>Diabetes, MS, CVA motor/sensory, paraplegia 4-6</p>
<p><b>Mobility</b></p> <p>Fully 0</p> <p>Restless/fidgety 1</p> <p>Apathetic 2</p> <p>Restricted 3</p> <p>Inert/traction 4</p> <p>Chairbound 5</p>	<p><b>Major surgery/trauma</b></p> <p>Orthopaedic – below waist, spinal 5</p> <p>On table for over 2 hours 5</p>

<b>Sex/Age</b>		<b>Medication</b>	
Male	1	Cytotoxics,	4
Female	2	high doses of steroids,	
14-49	1	anti-inflammatory	
50-64	2		
65-74	3		
75-80	4		
81+	5		

Total Waterlow Score: \_\_\_\_\_