

WATERLOW PRESSURE ULCER PREVENTION/TREATMENT POLICY

Ring scores in table, add total. More than one score/category can be used.

BUILD/WEIGHT FOR HEIGHT	SKIN TYPE VISUAL RISK AREAS	SEX AGE	MALNUTRITION SCREENING TOOL (MST) (Nutrition vol.15, no.6 1999—Australia)		NUTRITION SCORE IF > 2 REFER FOR NUTRITION ASSESSMENT/ INTERVENTION.
			A - HAS PATIENT LOST WEIGHT RECENTLY YES - GO TO B NO - GO TO C UNSURE - GO TO C AND SCORE 2	B - WEIGHT LOSS SCORE 0.5 - 5KG = 1 5 - 10KG = 2 10 - 15KG = 3 > 15KG = 4 UNSURE = 2	
AVERAGE BMI = 20-24.9 ABOVE AVERAGE BMI = 25-29.9 OBESE BMI > 30 BELOW AVERAGE BMI < 20 BMI=WT(kg)/HT (m2)	HEALTHY TISSUE PAPER DRY OEDEMATOUS CLAMMY, PYREXIA DISCOLOURED GRADE 1 BROKEN/SPOTS GRADE 2-4	MALE FEMALE 14 - 49 50 - 64 65 - 74 75 - 80 81 +	1 2 1 2 3 4 5		3
CONTINENCE	MOBILITY	SPECIAL RISKS			
COMPLETE/ CATHETERISED URINE INCONT. FAECAL INCONT. URINARY + FAECAL INCONTINENCE	FULLY RESTLESS/FIDGETY APATHETIC RESTRICTED BEDBOUND e.g. TRACTION CHAIRBOUND e.g. WHEELCHAIR	TISSUE MALNUTRITION		NEUROLOGICAL DEFICIT	
0 1 2 3	0 1 2 3 4 5	TERMINAL CACHEXIA MULTIPLE ORGAN FAILURE SINGLE ORGAN FAILURE (RESP, RENAL, CARDIAC) PERIPHERAL VASCULAR DISEASE ANAEMIA (HB < 8) SMOKING		DIABETES, MS, CVA MOTOR/SENSORY PARAPLEGIA (MAX OF 6) MAJOR SURGERY OR TRAUMA	4-6 4-6 4-6 5 5 8
MEDICATION—CYTOTOXICS, LONG TERM/HIGH DOSE STEROIDS, ANTI-INFLAMMATORY—MAX OF 4					
SCORE					
10 + AT RISK					
15 + HIGH RISK					
20 + VERY HIGH RISK					

Scores can be discounted after 48 hours, provided patient is recovering normally.