

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)	
AVERAGE BMI = 20-24.9	0	HEALTHY	0	MALE	1	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
ABOVE AVERAGE BMI = 25-29.9		TISSUE PAPER	1	FEMALE	2		
OBESSE BMI > 30		DRY	1	14 - 49	1		
BELOW AVERAGE BMI < 20	1	OEDEMATOUS	1	50 - 64	2	C - PATIENT EATING POORLY OR LACK OF APPETITE 'NO' = 0, 'YES' = 1	NUTRITION SCORE IF > 2 REFER FOR NUTRITION ASSESSMENT/ INTERVENTION.
BMI=WT(KG)/HT (m2)		CLAMMY, PYREXIA	1	65 - 74	3		
	2	DISCOLOURED	2	75 - 80	4		
		GRADE 1	2	81 +	5		
	3	BROKEN/SPOTS	3				
		GRADE 2-4	3				
		CONTINENCE		MOBILITY		SPECIAL RISKS	
COMPLETE/ CATHETERISED	0	FULLY	0	TISSUE MALNUTRITION		NEUROLOGICAL DEFICIT	
URINE INCONT.		RESTLESS/FIDGETY	1				
FAECAL INCONT.		APATHETIC	2				
URINARY + FAECAL INCONTINENCE		RESTRICTED	3				
		BEDBOUND	4				
	e.g. TRACTION CHAIRBOUND	4	TERMINAL CACHEXIA	8	DIABETES, MS, CVA	4-6	
	e.g. WHEELCHAIR	5	MULTIPLE ORGAN FAILURE	8	MOTOR/SENSORY PARAPLEGIA (MAX OF 6)	4-6	
			SINGLE ORGAN FAILURE (RESP, RENAL, CARDIAC)	5		4-6	
			PERIPHERAL VASCULAR DISEASE	5	MAJOR SURGERY OR TRAUMA		
			ANAEMIA (HB < 8)	2			
			SMOKING	1			
					ORTHOPAEDIC/SPINAL ON TABLE > 2 HR#	5	
					ON TABLE > 6 HR#	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.