SURNAME:______________________ NHI:____________

FIRST NAMES:______________________________

DATE OF BIRTH:____/____/____ SEX:____________

Please attach patient label here

## PRESSURE INJURY RISK ASSESSMENT (WATERLOW) – Initial assessment to be completed by nurse within 8 hours

| Please note: more than one score per category can be used. | | Date<br>Time | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| GENDER | Male | 1 | | | | | | | |
| | Female | 2 | | | | | | | |
| AGE | 14 - 49 | 1 | | | | | | | |
| | 50 - 64 | 2 | | | | | | | |
| | 65 - 74 | 3 | | | | | | | |
| | 75 - 80 | 4 | | | | | | | |
| | 81 + | 5 | | | | | | | |
| BMI = weight/(height)$^2$<br>Weight:______________<br>Height:______________ | Average BMI 20 – 24.9 | 0 | | | | | | | |
| | Above average BMI 25 – 29.9 | 1 | | | | | | | |
| | Obese BMI > 30 | 2 | | | | | | | |
| | Below average BMI < 20 | 3 | | | | | | | |
| VISUAL ASSESSMENT OF AT RISK SKIN AREA (May select one or more options) | Healthy – skin appears normal | 0 | | | | | | | |
| | Thin and fragile – looks transparent, tissue paper | 1 | | | | | | | |
| | Dry – skin flaky | 1 | | | | | | | |
| | Oedematous – skin appears puffy | 1 | | | | | | | |
| | Clammy (Temp ↑ ) – skin moist, cool to touch | 1 | | | | | | | |
| | Discoloured: pressure injury stage 1 – non blanching erythma, dark skin will differ from surrounding skin | 2 | | | | | | | |
| | Broken: pressure injury stages 2, 3, 4 – unstageable, suspected deep tissue injury | 3 | | | | | | | |
| MOBILITY (i.e bed, chair) (Select one option ONLY) | Fully able to change position idependently | 0 | | | | | | | |
| | Restless/fidgety – prone to shear and friction | 1 | | | | | | | |
| | Apathetic e.g sedated/depressed reluctant to move | 2 | | | | | | | |
| | Restricted e.g mobility restricted by disease, severe pain | 3 | | | | | | | |
| | Bedbound e.g unable to change position self/traction | 4 | | | | | | | |
| | Chair bound/wheelchair unable to leave chair without assistance | 5 | | | | | | | |
| CONTINENCE (select one option ONLY) | Nocturia/Continent/Catheterised | 0 | | | | | | | |
| | Incontinent of Urine – risk of excoriation | 1 | | | | | | | |
| | Incontinent of Faeces – risk of excoriation | 2 | | | | | | | |
| | Doubly incontinent – high risk of excoriation | 3 | | | | | | | |

Hauora Tairāwhiti

SURNAME: NHI:

FIRST NAMES:

DATE OF BIRTH: / / SEX:

Please attach patient label here

| Please note: more than one score per category can be used. | Date / Time | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| TISSUE MALNUTRITION (select one or more options) | Terminal Cachexia/ muscle wasting | 8 | | | | | | | |
| | Multi Organ Failure | 8 | | | | | | | |
| | Single Organ Failure (Respiratory/Renal/Liver/Cardiac) | 5 | | | | | | | |
| | Peripheral Vascular Disease | 5 | | | | | | | |
| | Anaemia Hb < 80 | 2 | | | | | | | |
| | Smoking | 1 | | | | | | | |
| **MALNUTRITION SCREENING TOOL (MST)** ASK Patient "Have you lost weight recently without trying? (in the last 6 months)" [Box 1] | No weight loss | 0 | | | | | | | |
| | Person is unsure if they have lost weight | 2 | | | | | | | |
| | Yes: 0.5 - 5 kgs | 1 | | | | | | | |
| | 5 - 10 kgs | 2 | | | | | | | |
| | 10 - 15kgs | 3 | | | | | | | |
| | > 15 kgs | 4 | | | | | | | |
| ASK Patient "Have you been eating poorly because of a decreased appetite?" [Box 2] | Yes | 1 | | | | | | | |
| | No | 0 | | | | | | | |
| | **Total Mainscore (Box 1 + Box 2) Total MST Score** | | | | | | | | |
| | <0-1 No action required;<br>=2 Start food charts, if person eating less than ½ of meals for 3 days or more refer to Dietitian.<br>≥3 Start food chart. Refer to Dietitian. | | | | | | | | |
| NEUROLOGICAL DEFICIT (score depends on severity – maximum of 6 for this category i.e the higher the loss of sensation the higher the score) | Diabetes, CVA, MS, Motor/Sensory Paraplegia, epidural | 4-6 | | | | | | | |
| MAJOR SURGERY OR TRAUMA (score can be discounted after 48 hours provided the person's recovery is normal | Orthopaedic, spinal | 5 | | | | | | | |
| | >2 hours on theatre table | 5 | | | | | | | |
| | >6 hours on theatre table | 8 | | | | | | | |
| MEDICATION | Cytotoxics, high dose/long term steroids, anti-inflammatory | Max 4 | | | | | | | |
| **TOTAL SCORE** | | | | | | | | | |
| NURSE INITIALS | | | | | | | | | |

**Bundle A = 0 - 10 Not at risk** **Bundle B = 10+ At risk** **Bundle C = 15+ High risk** **Bundle D = 20+ Very high risk**

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