**Activity 2: Waterlow score**

Watch the Introduction to assessment video: <https://vimeo.com/1105131731/3fbafae8df>

Complete the task in pairs.

* Calculate the Waterlow score for Douglas. Circle the appropriate numbers on the chart below.

Additional information: Douglas was around 77 kg before he became ill. Since his illness he has lost around 12 kg.

**Waterlow risk assessment chart**

|  |  |
| --- | --- |
| **Sex and gender** | |
| Male | 1 |
| Female | 2 |
| **Age** | |
| 14–49 | 1 |
| 50–64 | 2 |
| 65–74 | 3 |
| 75–80 | 4 |
| 81+ | 5 |

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| --- | --- |
| **Build/weight for height** | |
| Average – BMI 20–24.9 | 0 |
| Above average – BMI 25–29.9 | 1 |
| Obese – BMI > 30 | 2 |
| Below average – BMI < 20 | 3 |

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| **Continence** | |
| Complete/catheterised | 0 |
| Incontinent urine | 1 |
| Incontinent faeces | 2 |
| Doubly incontinent (urine & faeces) | 3 |
| **Skin type** | |
| Healthy | 0 |
| Tissue paper (thin/fragile) | 1 |
| Dry (appears flaky) | 1 |
| Oedematous (puffy) | 1 |
| Clammy (moist to touch)/pyrexia | 1 |
| Discoloured (bruising/mottled) | 2 |
| Broken (established ulcer) | 3 |
| Fully mobile | 0 |
| **Mobility** | |
| Restless/fidgety | 1 |
| Apathetic (sedated/depressed/reluctant to move) | 2 |
| Restricted (restricted by severe pain or disease) | 3 |
| Bedbound (unconscious/unable to change position/traction) | 4 |
| Chairbound (unable to leave chair without assistance) | 5 |

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| **Nutritional element** | |
| 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 – 5 kg = 1  5 – 10 kg = 2  10 – 15 kg = 3  >15kg = 4  Unsure = 2 |  |
| C Patient eating poorly or lack of appetite  No = 0  Yes = 1 |  |

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| **Special risk – Tissue malnutrition** | |
| Multiple organ failure/terminal cachexia |  |
| Single organ failure, e.g. cardiac, renal, respiratory |  |
| Peripheral vascular disease |  |
| Anaemia = Hb < 8 |  |
| Smoking |  |

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| **Special risk – Neurological deficit** | |
| Diabetes/MS/CVA/motor/sensory/paraplegia  *Max 6* |  |

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| --- | --- |
| **Special risk – Surgical/trauma** | |
| On table > six hours |  |
| Orthopaedic/below waist/spinal (< 48 hours post op) |  |
| On table > two hours (up to 48 hours post op) |  |

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| **Special risk – Medication** | | | | | | | | | |
| Cytotoxic, anti-inflammatory, long-term/high dose steroid *Max 4* |  | | | | | | | | |
|  |  |  |  |  |  |  |  |  |
| **Total Score:** |  | | | | | | | | |
| **Date:** |  | | | | | | | | |
| **Initials:** |  | | | | | | | | |
| **Time:** |  | | | | | | | | |