



CHOOSING A PRESSURE RELIEVING SUPPORT

WATERLOW EVALUATION SCALE

AGE	SCORE
15 - 49	0
50 - 64	2
65 - 74	3
75 - 80	4
81 years and +	5
MOBILITY	
Complete	0
Agitated	1
Apathetic	2
Restricted	3
Immobile (traction)	4
Patient placed in a chair	5
NEUROLOGIC DEFICIENCY	
None	1
Diabete	2
Multiple sclerosis	3
Stroke	4
Motor and sensory deficit	5
Paraplegia	6
MALNUTRITION OF THE TISSUES	
None	0
Smoker	1
Anaemia	2
Peripheral vascular failure	5
Heart failure	5
Tissue malnutrition (e.g. terminal cohexia)	8
INCONTINENCE	
Total / Cacheter	0
Occasional incontinence	1
Faecal incontinence / Cacheter	2
Double incontinence	3

APPETITE	SCORE
Average	0
Little	1
Fed by tube only	2
Empty stomach, anorexic	3
DRUGS	
None	0
Cytotoxics	1
Steroids	2
Anti-inflammatories	3
SEX	
Male	1
Female	2
SURGERY / TRAUMA	
None	0
Othopaedics, lower spine, surgery lasting over 2 hours	2
BUILD / WEIGHT FOR HEIGHT	
Average (in proportion)	0
Above average (heavy)	1
Obese	2
Below average (thin)	3
SKIN TYPE / VISUAL RISK AREAS	
Healthy	0
Fine / Fragile	1
Dry / Dehydrated	2
Oedemia	3
Inflamed / Moist	3
Discoloured	3
Irritated / Broken	3

TOTAL SCORE =

ANALYSIS OF RESULTS :

- ↳ Score between 10 : low risk
- ↳ Score between 10 and 15 : at risk
- ↳ Score between 15 and 20 : high risk
- ↳ Score above 20 : very high risk

