

Waterlow Scale

Build/Weight for Height		Mobility		Special Risks	
Average	0	Fully	0	Tissue Malnutrition	8
Above Average	1	Restless/Fidgety	1	E.g. Terminal cachexia	
Obese	2	Apathetic	2	Cardiac Failure	5
Below Average	3	Restricted	3	Peripheral Vascular Disease	5
		Inert/Traction	4	Anemia	2
		Chairbound	5	Smoking	1
Contenance		Sex/Age		Neurological Deficit	
Complete/Catheterized	0	Male	1	E.g. Diabetes, MS, CVA, Motor/Sensory, Paraplegic	4-6
Occasional	1	Female	2		
Cath/Incontinence of Feces	2	14-49	1		
Doubly Incontinent	3	50-49	2		
		65-74	3		
		75-80	4		
		81+	5		
Skin Type		Appetite		Major Surgery/Trauma	
Visual Risk Areas		Average		Orthopaedic – below waist, spinal	
Healthy	0	Poor		On Table – 2 Hours	
Tissue Paper	1	NG Tube/Fluids Only			
Dry	1	NBM/Anorexic			
Oedematous	1				
Clammy (temp)	1				
Discolored	2				
Broken/Spot	3				
				Medication	
				Steroids, Cytotoxics, High Dose Anti-Inflam.	
				4	

SCORE	10+ AT RISK	15+ HIGH RISK	20+ V. HIGH RISK
--------------	--------------------	----------------------	-------------------------

SEVERAL SCORES PER CATEGORY CAN BE USED; ADD TOTAL