

## RISK ASSESSMENT ARMS: General

Answering the following questions will give an indication of your relative risk of developing secondary arm lymphoedema (if you have not got it) or of the risk of it becoming worse (if you have it). Tick those boxes which apply to you and add up your score. At the bottom of the sheet you will see risk categories. If you are at **LOW RISK** then you will benefit from a range of appropriate educational literature which may be able to even further reduce the risk of developing lymphoedema. If you are at **MODERATE or HIGH RISK** then also the educational materials will be of benefit to you. Ideally if you are in these categories you should ideally have a non-invasive assessment (Bio-impedance spectroscopy or Tissue Dielectric Constants) to determine if there is already some fluid accumulations in your "at risk" limb. Ideally you should also seek advice from a relevant health professional about these risks and how to manage them. Advice might include improving skin care, breathing better, exercising more or reviewing your diet composition.

EVENT / SITUATION	TICK	SCORE
Whole of breast removed (mastectomy +/- immediate reconstruction)		2
Part of breast removed (lumpectomy)		1
Delayed reconstruction		2
More than 10 nodes removed from armpit		3
More than 2 but less than 10 nodes removed from armpit		2
1 or 2 nodes removed from armpit (sentinel node biopsy)		1
Radiotherapy to armpit area		3
Radiotherapy to chest/breast area		2
Fluids drained from wound for more than a week		2
Wound site infection which has taken more than 2 weeks to heal		2
One infection in the limb area (cellulitis) per year		2
More than 2 infections in the limb area (cellulitis)		3
Heaviness or tightness in the limb at times		2
Limb feels different as the day progresses, generally heavier / achy		1
Frequent cuts/scratches to the limb		2
Constant dry skin		2
Rings/watch becoming tighter during the day		1
<b>OTHER PROBLEMS WHICH MAY ADD RISK</b>		
Frequent long distance air traveller		1
Previous or current other injuries to limb/shoulder		1
Surgery was on the side of the dominant hand		2
Generally, experience high stress levels		2
Generally, have high non-controlled blood pressure		2
Thyroid gland activity is not normal and not medicated		1
"At risk" limb is used for repetitive actions		1
Often carry heavy loads for long periods of time using "at risk" arm		1
Smoking is currently part of my life		1
Body weight is a little high		2
Body weight is very high (obese)		3
Swelling was present in limb prior to surgery		1
Shoulder/elbow/wrist pain that increases during the day		1
Reduced limb mobility more than six months on the "at risk side"		2
<b>Total Score</b>		

**0-10 = LOW RISK**

**11-20 = Moderate Risk**

**More than 20 = High Risk**