

RISK ASSESSMENT LEGS- General

Answering the following questions will give an indication of your relative risk of developing secondary leg 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
More than 10 nodes removed from groin		3
More than 2 but less than 10 nodes removed from groin		2
1 or 2 nodes removed from groin (sentinel node biopsy)		1
Radiotherapy to the groin/pelvic area		3
Fluids drained from wound for more than 1 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
Average of more than 2 infections in the limb area (cellulitis) per year		3
Heaviness or tightness or tension in the limb at times		1
Limb feels worse as the day progresses, generally heavier / achy		1
Frequent cuts/scratches to the limb		2
Constant dry, scaly skin on lower legs		3
OTHER PROBLEMS WHICH MAY ADD RISK		
Frequent long-distance air/bus/car traveller		2
Previous or current other injuries to legs, ankles, or feet		1
Limb is most often in a dependent position (standing)		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
Diabetic but controlled by medication		1
Diabetic uncontrolled		3
Family history of venous insufficiency		2
Some varicose veins or spider veins		1
Many varicose veins or spider veins		2
Prior varicose veins stripping or scars		2
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/radiotherapy		1
Diet is rich in animal fats		2
Diet is high in sugar		2
Poor activity levels/long periods of sitting without a change in position		2
Socks/shoes tighter at the end of the day leaving skin indented		2
Total Score		

0-10 = LOW RISK

11-20 = Moderate Risk

More than 20 = High Risk