

Chronic Oedema Identification Assessment

SUBJECTIVE ASSESSMENT

- 1 Have you noticed any swelling in your ankles? Yes No Don't know
- 2 Have you ever noticed this in the past?
e.g. summer? Yes No

PHYSICAL ASSESSMENT

- 3 Do the client's legs, below the knee + / - feet look swollen? Yes No Don't know
- 4 Do the clients clothes, below the knee, leave marks?
Such as socks or shoes Yes No
- 5 Does the client have tinea (red, flaky or a split in the skin or itchy) between their toes?
Left leg Yes No
Right Leg Yes No

6 Pitting test

With your thumb press down on each of the locations indicated in the diagram below. Hold for 10 seconds in each spot and indicate if pitting oedema is present (YES/NO) if it leaves an indent. See below

