

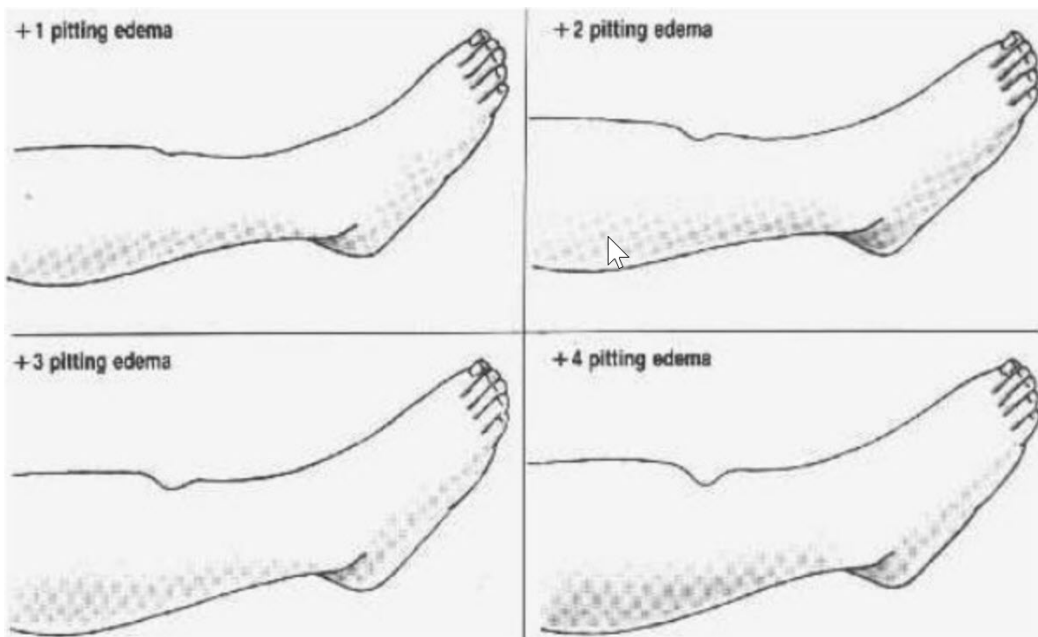
1+ 2+ 3+ Edema rating scale?

by Blackcat99 BSN, RN @ allnurses.com

I know I use to know this but now I have forgotten How do you tell if someone has 1+ or 2+ or 3 + edema in their legs? Thanks

Edema is evaluated on it's ability to pit. The examiner's fingers are pressed into a dependent area of the patient's skin for 5 seconds. Areas used to check for pitting are the sacrum if the patient is bedridden, or the lower leg. If pitting edema is present, the fingers will sink into the tissue and leave an impression of the fingers when they are removed. This pitting is graded on a scale of +1 to +4 as follows:

- +1 (Trace) Slight indentation, rapid return to normal
- +2 (Mild) 4mm indentation, rebounds in a few seconds
- +3 (Mod) 6mm indentation, 10-20 seconds to return to normal
- +4 (Severe) 8mm indentation, > 30 seconds to return to normal



Safeguard your future with Medical Malpractice Insurance.

LEARN MORE

aMMP

About a Nurse



"Hmmm, I look like #3 but I feel like #5... oh...#4 ... nah, #3 - is that right? Oh, #5. Can I have my meds?"

Thank You...

...nurses for guiding nursing students through clinicals.