

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.

TICK the boxes which best apply to your AT RISK limb. The staff will help you with this

EVENT/SITUATION	Score
Whole of Breast Removed (Mastectomy)	2
Part of Breast removed	1
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	1
Radiotherapy to armpit area	3
Radiotherapy to chest/breast area	2
Fluids drained from wound more than 1 week	2
Infection at the wound site	2
More than 2 infections (redness) in the limb per year	3
One infection (redness) in the limb per year	2
Heaviness, tightness or tension in the limb at times	2
Limb feels different as the day progresses	1
Arm or hand fatigue/weakness	1
MODIFIABLE FACTORS WHICH MAY ADD TO RISK	
Dry skin	1
Frequent cuts/scratches to the limb	2
Frequent long distance air traveler	1
Previous or current other injuries to limb/shoulder	1
Surgery was on side of 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 using “at risk” arm	1
Smoking is currently part of my life	1
Body weight is a little high (overweight)	2
Body weight is very high (obese)	3
Swelling was present in limb prior to surgery	1

Your Total Score _____

0-10 = LOW RISK

11-20 = Moderate Risk

More than 20 = High Risk