Appendix 13:

Discharge scoring systems

Modified Aldrete Scoring System

	Score
Level of consciousness	
Fully awake	2
Arousable on calling	1
No response	0
Oxygen saturation (%)	
> 90% breathing room air	2
Oxygen required to maintain saturation > 90%	1
< 90% even when breathing oxygen	0
Circulation/blood pressure	
Systolic BP within 20 mmHg of pre-sedation level	2
Systolic BP within 20–50 mmHg of pre-sedation level	1
Systolic BP > 50 mmHg of pre-sedation level	0
Movement/activity	
Able to move all extremities on command	2
Moves 2 extremities	1
Doesn't move extremities	0
Respiration	
Able to breathe and cough freely	2
Dyspnoea, shallow or limited breathing	1
Apnoea	0

Modified Post Anaesthetic Discharge Scoring System

	Score
Vital signs	
The vital signs must be stable and consistent with age and preoperative baseline.	
BP and pulse within 20% of preoperative baseline	2
BP and pulse within 20–40% of preoperative baseline	1
BP and pulse > 40% of preoperative baseline	0
Activity level	
The patient must be able to ambulate at preoperative level.	
Steady gait, no dizziness, or meets preoperative level	2
Requires assistance	1
Unable to ambulate	0
Nausea and vomiting	
The patient should have minimal nausea and vomiting before discharge.	
Minimal: successfully treated with oral medication	2
Moderate: successfully treated with intramuscular medication	1
Severe: continues after repeated treatment	0

Pain	
The patient should have minimal or no pain before discharge. *The level of pain should be acceptable to the patient.* *The pain should be controlled by oral analgesics.* *The location, type and intensity of the pain should be consistent with anticipated postoperative discomfort.*	
Acceptability:	
Yes	2
No	1
Surgical bleeding	
Postoperative bleeding should be consistent with expected blood loss from the patient	2
Minimal: does not require dressing changes	1
Moderate: up to two dressing changes required	0
Severe: more than three dressing changes required	