



## Pressure Ulcer Scale for Healing (PUSH) PUSH Tool 3.0

Patient Name \_\_\_\_\_ Patient ID# \_\_\_\_\_

Ulcer Location \_\_\_\_\_ Date \_\_\_\_\_

### Directions:

Observe and measure the pressure ulcer. Categorize the ulcer with respect to surface area, exudate, and type of wound tissue. Record a sub-score for each of these ulcer characteristics. Add the sub-scores to obtain the total score. A comparison of total scores measured over time provides an indication of the improvement or deterioration in pressure ulcer healing.

LENGTH X WIDTH (in cm <sup>2</sup> )	0	1	2	3	4	5	Sub-score
	0	< 0.3	0.3 – 0.6	0.7 – 1.0	1.1 – 2.0	2.1 – 3.0	
EXUDATE AMOUNT	0	1	2	3	4	5	Sub-score
TISSUE TYPE	0	1	2	3	4	5	Sub-score
							<b>TOTAL SCORE</b>

**Length x Width:** Measure the greatest length (head to toe) and the greatest width (side to side) using a centimeter ruler. Multiply these two measurements (length x width) to obtain an estimate of surface area in square centimeters (cm<sup>2</sup>). Caveat: Do not guess! Always use a centimeter ruler and always use the same method each time the ulcer is measured.

**Exudate Amount:** Estimate the amount of exudate (drainage) present after removal of the dressing and before applying any topical agent to the ulcer. Estimate the exudate (drainage) as none, light, moderate, or heavy.

**Tissue Type:** This refers to the types of tissue that are present in the wound (ulcer) bed. Score as a “4” if there is any necrotic tissue present. Score as a “3” if there is any amount of slough present and necrotic tissue is absent. Score as a “2” if the wound is clean and contains granulation tissue. A superficial wound that is reepithelializing is scored as a “1”. When the wound is closed, score as a “0”.

**4 – Necrotic Tissue (Eschar):** black, brown, or tan tissue that adheres firmly to the wound bed or ulcer edges and may be either firmer or softer than surrounding skin.

**3 – Slough:** yellow or white tissue that adheres to the ulcer bed in strings or thick clumps, or is mucinous.

**2 – Granulation Tissue:** pink or beefy red tissue with a shiny, moist, granular appearance.

**1 – Epithelial Tissue:** for superficial ulcers, new pink or shiny tissue (skin) that grows in from the edges or as islands on the ulcer surface.

**0 – Closed/Resurfaced:** the wound is completely covered with epithelium (new skin).