

<b>ASSESSMENT OF PITTING EDEMA</b>			
<b>2mm or less = 1 + Edema</b>	<b>2-4mm = 2 + Edema</b>	<b>4-6mm = 3 + Edema</b>	<b>6-8mm = 4 + Edema</b>
<ul style="list-style-type: none"> <li>✓ Slight pitting</li> <li>✓ No visible distortion</li> <li>✓ Disappears rapidly</li> </ul>	<ul style="list-style-type: none"> <li>✓ Somewhat deeper pit</li> <li>✓ No readably detectable distortion</li> <li>✓ Disappears in 10-15 seconds (2-4 mm indent)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Pit is noticeably deep</li> <li>✓ May last more than 1 minute</li> <li>✓ Dependent extremity looks fuller and swollen (4-6mm)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Pit is very deep</li> <li>✓ Lasts as long as 2-5 minutes</li> <li>✓ Dependent extremity is grossly distorted (6-8mm)</li> </ul>

*Assessment Chart for Pitting Edema adapted from the Guelph General Hospital Congestive Heart Failure Pathway*