

# Measuring Pressure Ulcers

**Pressure ulcers are measured using length x width x depth.**

\* Always picture the body as if you were looking at a clock.

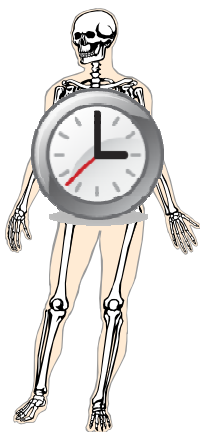
**Length**= Head to toe (12:00 to 6:00)

**Width** = side to side (3:00 to 9:00)

Measure the longest distance of each to obtain the most accurate measurement.

## Depth

1. Gently insert swab into the deepest portion of the wound.
2. Grasp swab with your fingers at the point that meets the wounds margin.
3. Mark the swab where it meets the edge of the skin. (Can use marker to mark the swab or keep your fingers in place.)
4. Remove swab from wound and measure the distance from your fingers or from the mark on the swab to the end of the swab.
5. Document all in centimeters. Be sure that you do not place a zero behind a single number:  
Example 2.0cm x 3cm x 1.4cm. This should be 2cm x 3cm x 1.4cm



**Tunneling (Sinus Tract)** - Tissue destruction occurring in any direction. Involves a small portion of the wound edge.

- Measure tunneling in distance in centimeters from opening of wound.

Example: 1.5cm tunnel @ 2 o'clock

## Surrounding Tissue

1. Note the areas of reddened intact skin and white skin (maceration).
2. These areas are measured and documented as surrounding erythema and maceration, not as part of the wound itself.

**Undermining** - Tissue destruction extending *under intact skin* along the area of the wound. Involves a larger portion of the wound edge.

Example: 1.5cm undermining from 12 o'clock to 3 o'clock

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