

## Aldrete Score

| Item                     | Options                                   | Points |
|--------------------------|-------------------------------------------|--------|
| Activity                 | No movement: Cannot move any limb         | 0      |
|                          | Two limbs: Moves 2 extremities            | 1      |
|                          | Four limbs: Moves all 4 extremities       | 2      |
| Respiration              | Apneic: Not breathing                     | 0      |
|                          | Limited: Dyspnea or shallow breathing     | 1      |
|                          | Normal: Breathes deeply and coughs freely | 2      |
| Circulation              | Unstable: BP differs 50% or more          | 0      |
|                          | Moderate: BP within 20-49%                | 1      |
|                          | Stable: BP within 20% of baseline         | 2      |
| Consciousness            | Not responding: No response to voice      | 0      |
|                          | Arousable: Wakes when called              | 1      |
|                          | Fully awake: Alert and responsive         | 2      |
| Oxygen saturation (SpO2) | Low: SpO2 below 90% even with oxygen      | 0      |
|                          | Needs oxygen: SpO2 above 90% only with O2 | 1      |
|                          | Room air: SpO2 above 92% on room air      | 2      |

### Interpretation

|             |                                                                                                                                                                                                           |
|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>0-8</b>  | <b>Not ready for discharge.</b> Keep the patient in Phase I recovery, keep monitoring and reassess at set intervals. Any item scored 0 needs prompt assessment and escalation to the anesthesia provider. |
| <b>9-10</b> | <b>Meets discharge score.</b> The patient meets the usual Phase I discharge criterion. Confirm pain, nausea, bleeding and your facility's other criteria before transfer or discharge.                    |

Total score: \_\_\_\_\_ Date: \_\_\_\_\_ Assessed by: \_\_\_\_\_

Aldrete & Kroulik, 1970; modified by Aldrete, 1995. Sources: Post-Anesthesia Recovery: Sampe, Modified Aldrete and other scores (PMC); PACU Discharge Criteria, OpenAnesthesia; Modified Aldrete Score, Society for Pediatric Anesthesia.

Free calculator and full guide: [nursingscales.com/alldrete-score/](https://nursingscales.com/alldrete-score/) · Educational material; does not replace clinical judgment or facility protocols.