

1. Score on admission and update weekly or if significant change in patient's condition
2. Add scores together and insert total score
3. Document actions taken in the evaluation section
4. If total score is 10 + initiate core care plan At Risk of Pressure Damage/Pressure Ulcer Formation

10 + AT RISK		15 + HIGH RISK	20+ VERY HIGH RISK
Date (Day/Month/Year)			Time
GENDER	Male		1
	Female		2
AGE	14 – 49		1
	50 – 64		2
	65 – 74		3
	75 – 80		4
	81+		5
BUILD	Average		0
	Above average		1
	Obese		2
	Below average		3
APPETITE (select one option ONLY)	Average		0
	Poor		1
	NG Tube/fluids only		2
	NBM/anorexic		3
VISUAL ASSESSMENT OF AT RISK SKIN AREA (may select one or more options)	Healthy		0
	Thin and fragile		1
	Dry		1
	Oedematous		1
	Clammy (Temp ↑)		1
	Previous pressure sore or scarring		2
	Discoloured		2
	Broken		3
MOBILITY (select one option ONLY)	Fully		0
	Restless/fidgety		1
	Apathetic		2
	Restricted		3
	Inert (due to ↓ consciousness/traction)		4
	Chairbound		5
CONTINENCE (select one option ONLY)	Continent/catheterised		0
	Occasional incontinence		1
	Incontinent of urine		2
	Incontinent of faeces		2
	Doubly incontinent		3
TISSUE MALNUTRITION (may select one or more options)	Smoking		2
	Anaemia		2
	Peripheral vascular disease		3
	Cardiac failure		3
	Cachexia		4
NEUROLOGICAL DEFICIT (score depends on severity)	Diabetes, CVA, MS, motor/sensory paraplegia, epidural		4 – 6
MAJOR SURGERY TRAUMA (up to 48 hours post surgery)	Above waist		2
	Orthopaedic, below waist, spinal > 2 hours on theatre table		5
MEDICATION	Cytotoxics, high dose steroids, anti-inflammatory		4
TOTAL SCORE			

Rmcnp Cards

Mike Graf



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Day and Overnight Hikes: Rocky Mountain National Park Kim Lipker, 2016-02-09 This book guides you to and along the best day and overnight hikes within Rocky Mountain National Park

Rocky Mountain National Park Mike Graf, 2010-11 In the seventh book in the Adventures with the Parkers series join the Parkers as they head to Colorado to visit the stunning high peaks and tundra of Rocky Mountain National Park When the snow clears midsummer the park s many famous sites are on display Trail Ridge Road the highest elevation highway in the United States spectacular wildflowers elk and raptors streams and waterfalls and the unique alpine tundra of the high meadows The family s big adventure A hike up Longs Peak a Colorado fourteener at 14 255 feet But frequent afternoon thundershowers and hailstorms pelt the family during their training hikes and the Parkers start to question the wisdom of a nighttime ascent of the summit Will injuries exhaustion and dangerous weather take their toll on the family

Rocky Mountain National Park, Colo United States. Congress. Senate. Committee on Public Lands and Surveys, 1940

Moon Rocky Mountain National Park Erin English, 2023-12-19 Hike to stunning glaciers and waterfalls savor the solitude of the mountains and sleep under the stars an unforgettable adventure awaits with Moon Rocky Mountain National Park Inside you ll find Flexible Itineraries Unique and adventure packed ideas ranging from one day in the park to a week long trip with tips for family fun winter adventures and visiting all the glaciers The Best Hikes in Rocky Detailed trail descriptions with mileage elevation gains individual trail maps and backpacking options Experience the Outdoors Hike the dramatic glacier formed gorges to find jaw dropping waterfalls and spot elk moose and bighorn sheep along the way Snowshoe to a ghost town in the winter hit the trail in autumn for stunning fall color or catch the annual Perseid meteor shower in August Take an adventurous bike tour try your hand at rock climbing or fishing and set up camp for a night under the stars and a spectacular sunrise too How to Get There Up to date information on gateway towns park entrances park fees and tours Where to Stay From campgrounds to B Bs to the iconic Stanley Hotel find the best spots to kick back both inside and outside the park Planning Tips When to go what to pack safety information and how to avoid the crowds with full color photos and detailed maps throughout Expertise and Know How from seasoned explorer and Rocky Mountain expert Erin English Experience the magnificent natural beauty of Colorado s Rockies with Moon Rocky Mountain National Park Visiting more of North America s national parks Try Moon Zion Bryce or Moon Yellowstone Grand Teton Trying to hit them all Check out Moon USA National Parks About Moon Travel Guides Moon was founded in 1973 to empower independent active and conscious travel We prioritize local businesses outdoor recreation and traveling strategically and sustainably Moon Travel Guides are written by local expert authors with great stories to tell and they can t wait to share their favorite places with you For more inspiration follow moonguides on social media

The Rocky Mountain National Park Enos A. Mills, 1924 1998 Rocky Mountain National Park Seasonal Handbook , 1998

Rocky Mountain National Park, Colo. Hearings Before a Subcommittee ... Pursuant to S. Res. 147 ... and S.

2651 ... Aug. 30, 1939 United States. Congress. Senate. Public Lands and Surveys,1939 **Insiders' Guide® to Boulder and Rocky Mountain National Park** Ann Leggett,2009-08-18 A local authors uncovers the real Boulder from the high mountains and sparkling streams of Rocky Mountain National Park to the historic buildings shops galleries and more

Hiking Rocky Mountain National Park Kent Dannen,2023-05-01 Lace up your boots and sample more than 450 miles of trails in Rocky Mountain National Park and the Indian Peaks Wilderness Veteran hiker Kent Dannen introduces you to memorable trails highlighting the natural splendor of the Rockies Each hike description includes detailed information on trail access best times for hiking and points of interest along the way This new edition is fully updated and revised with special sections on what to wear carry and eat and invaluable advice on wilderness ethics and safety Its smaller size and package complete with illustrations makes this guide an indispensable companion to hiking and backpacking in Rocky Mountain National Park and the Indian Peaks Wilderness *Estes Park and Rocky Mountain National Park Then & Now* James H.

Pickering,2006 Historic photographs paired with contemporary photographs taken from the exact same locations illuminate the evolution that has occurred in the Estes Park area as well as in Rocky Mountain National Park over more than a century From the Stanley Hotel to Lake Estes see whether the landmarks and landscape of Estes Park have been completely transformed or if they remain almost unchanged *The Story of Estes Park, Grand Lake and Rocky Mountain National Park*

Enos A. Mills,1917 Central Colorado - Aspen, Vail, Crested Butte, Steamboat Springs, Rocky Mountain National Park & Beyond Curtis Casewit,2013-09-01 The San Luis Valley is a study in contrasts evident in the 7 000 foot elevation gain from the low lying valley floor to 14 345 foot Blanca Peak The Great Sand Dunes are reminiscent of the Sahara Desert Fourteen thousand foot peaks the spire like Crestone Needle and its neighbor Crestone Peak pride of the Sangre de Cristo Blood of Christ Range are the natural landmarks for the valley s eastern boundary At the northern end of the area are the Valley View Hot Springs which harness some of the steaming water that pours from the ground In Crested Butte trails set out into the Maroon Bells Snowmass Wilderness from the vicinity of Gothic and Schofield Pass Short day hikes into the alpine meadows are one option Or those seeking a longer experience can hike the 13 miles over spectacular East Maroon Pass on into Aspen The state that brings you Aspen Vail Beaver Creek and Telluride is renowned for its skiing and snowboarding Justly so Colorado has a greater number of ski resorts and areas than almost any other US state or Canadian province In all you can ski at two dozen places that vary in size from giants like the Aspen complex to rustic alpine Loveland Basin Non skiers find activities at the Colorado resorts as well Experts have counted some 200 species of wildlife in the Rocky Mountain National Park More than 400 miles of trails many of them gentle others challenging provide hikes to beautiful alpine mountain lakes surrounded by snow capped peaks No visitor to this part of Colorado should miss Rocky Mountain National Park Its 300 000 acres are filled by stunning mountain views and thanks to the Park Service remain largely in their natural state Some 300 well marked trails many passing through meadows filled with wildflowers attract numerous hikers to the park Hiking in the

Park you are almost certain to be rewarded with stunning vistas some of Colorado's most spectacular scenery and rare encounters with nature such as a bugling elk. Nearby is Steamboat Springs. Summers here guarantee you an adrenaline rush. Breaking in wild horses, barrel racing on horseback, galloping through forest clearings are all exciting. Climbers have attacked the rock faces of Rabbit Ears Pass. And of course you can reach the Mount Werner summits in style by gondola and then test your leg muscles against the long downhill walks or ski runs through knee-high meadows or on logging roads. Arapahoe Basin, Breckenridge, Keystone, Copper Mountain, the year-round resort of Vail are all covered here. And then there is Aspen. As a ski complex, Aspen is unsurpassed. Its four lift-serviced areas, Aspen Mountain, Buttermilk Mountain, The Snowmass, Aspen Highlands, encompass 160 miles of ski trails reachable by dozens of lifts that can hoist 25,000 skiers an hour. Where to stay, where to eat, how to get around, what to do, we cover it all in detail. Plus color photos throughout. Rocky Mountain National Park (N.P.), Proposed Master Plan, 1975. **H.R. 2334, Rocky Mountain National Park Wilderness and Indian Peaks Wilderness Expansion; H.R. 2632, Sabinoso Wilderness Act of 2007; H.R. 3287, Tumacacori Highlands Wilderness Act of 2007; H.R. 3513, Copper Salmon Wilderness Act; and H.R. 3682, California Desert and Mountain Heritage Act** United States. Congress. House. Committee on Natural Resources. Subcommittee on National Parks, Forests, and Public Lands, 2008. **Around Rocky Mountain National Park** Suzanne Silverthorn, 2015-08-31. Following the establishment of Rocky Mountain National Park in 1915, promotional campaigns generated by the railroads lured wealthy travelers to the park with images of the great outdoors and the many luxuries offered by the finest hotels. Postcards were circulated proclaiming the park as the Playground of the World. The gateway communities of Estes Park and Grand Lake became vibrant hospitality centers and in 1920 when the two towns were connected with the opening of Fall River Road, a new era of tourism was introduced that continues today. More than 200 postcards are used in this book to provide a chronology of the early hotels, ranches, and other settings that have shaped the park's history for more than a century. **Rocky Mountain National Park (N.P.), Elk and Vegetation Management Plan**, 2006. The Insiders' Guide to Boulder and Rocky Mountain National Park Shelley Schlender, Reed Glenn, 1995-10. Rocky Mountain National Park: Peril on Longs Peak Mike Graf, 2012-03-20. Each book in the Adventures with the Parkers series for kids 8-13 takes the Parker family to a popular national park and is packed with adventure as well as interesting facts about park activities, natural history, outdoor safety, and much more. All books have been vetted and approved by park officials and park associations. Each book includes color illustrations and photographs. **Death in Rocky Mountain National Park** Randi Minetor, 2020-04-01. Colorado's Rocky Mountain National Park welcomes more than 4 million visitors every year, but this jewel of America's parks has seen more than its fair share of deaths among its tourists. More than 70 people have perished attempting to climb Longs Peak, the park's tallest mountain, some of whom vanished into the wilderness, never to be found. Thousand-foot falls from high rock ledges, hypothermia, avalanches that bury climbers, lightning strikes, a historic flood, and even plane crashes are among the ways that park visitors

have met a bad end Author Randi Minetor also provides tips for staying alive and safe in the Rocky Mountains Guardians of the Wild Robert J. Burns, Michael J. Schintz, 2000 A Canadian historian and a 39 year veteran of the Warden Service collaborate on this history of the Warden Service from its formative years to the present Covers evolving National Park philosophies and how the expanding park system changing societal expectations and technological change brought change to the role of the park warden Annotation copyrighted by Book News Inc Portland OR

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