



TOOLKIT 22 · SEDATION, ANAESTHESIA & AIRWAY · TOOL 4 OF 4

Recovery and Discharge After Sedation or Anaesthesia — Criteria Score

Nobody leaves recovery, or goes home, on the clock. They leave on the score: activity, breathing, circulation, consciousness, saturation — and, for home, pain, nausea, bleeding, walking, an escort

A · Discharge from recovery to the ward (modified Aldrete — score ≥ 9)

Item	2	1	0	Score
Activity	Moves 4 limbs on command	Moves 2 limbs	None	
Breathing	Deep breaths, coughs freely	Dyspnoea or shallow	Apnoeic	
Circulation (BP vs pre-op)	Within 20 %	20–50 %	> 50 %	
Consciousness	Fully awake	Rousable on calling	Not responding	
SpO ₂	> 92 % on room air	> 90 % with oxygen	< 90 % with oxygen	

B · Discharge home after day-case (score ≥ 9 , plus escort and instructions)

Item	2	1	0	Score
Vital signs	Within 20 % of baseline	20–40 %	> 40 %	
Walking	Steady, no dizziness	With assistance	Unable	
Nausea and vomiting	Minimal	Moderate, treated	Severe, continuing	
Pain	Controlled with oral analgesia	Moderate	Severe	
Surgical bleeding	Minimal	Moderate	Severe	

Recovery: score ____ /10 at ____ (time) → to ward ☐ by ____ | Home: score ____ /10 at ____ · responsible adult escort present (name) ____ ·
written instructions given and taught back ☐ · no driving, alcohol, machinery or important decisions for 24 h explained ☐ · contact number for problems
given ☐ · discharged by ____

Scores adapted from the Aldrete (1995) and Post-Anaesthetic Discharge Scoring System (Chung, 1995), as recommended in WHO/WFSA safe anaesthesia standards.

ASF standards: Hospital Standard 4 — post-anaesthesia care (means of verification: scores in records); Standard 6 — discharge