BRADEN PRESSURE ULCER RISK ASSESSMENT

ACT TO PREVENT PRESSURE ULCERS

SENSORY **PERCEPTION**

Ability to respond meaningfully to pressure -related discomfort



NO IMPAIRMENT

Responds to verbal commands. Has no sensory deficit which would limit ability to feel or voice pain or discomfort.

SLIGHTLY LIMITED

Responds to verbal commands but cannot always communicate discomfort or ask to be moved or turned **OR** has some sensory impairment which limits ability to feel pain or discomfort in 1 or 2 extremities.

VFRY LIMITED

Responds only to painful stimuli. Cannot communicate discomfort except by moaning or restlessness **OR** has a sensory impairment which limits the ability to feel pain or discomfort over 1/2 of body.

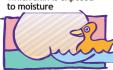
COMPLETELY LIMITED

Unresponsive (does not moan, flinch, or grasp) to painful stimuli due to diminished level of consciousness or sedation **OR** limited ability to feel pain over most of body surface.

ADD TO TOTAL SCORE

MOISTURE

Degree to which skin is exposed



RARELY MOIST

Skin is usually dry; linen only requires changing at routine intervals.

OCCASIONALLY MOIST

Skin is occasionally moist, requiring an extra linen change approximately once a day.

OFTEN MOIST

Skin is often but not always moist. Linen must be changed at least once a shift.

CONSTANTLY

Skin is kept moist almost constantly by perspiration urine, etc. Dampness is detected every time patient is moved or turned.

4 ADD TO

TOTAL SCORE

ACTIVITY

Degree of physical activity



WALKS FREQUENTLY

Walks outside the room at least twice a day and inside room at least once every 2 hours during waking hours.

WALKS **OCCASIONALLY**

Walks occasionally during day but for very short distances, with or without assistance. Spends majority of each shift in bed or chair.

CHAIRFAST

Ability to walk severely limited or non existent. Cannot bear own weight and/or must be assisted into chair or wheelchair

BEDFAST

Confined to bed

ADD TO TOTAL SCORE

MOBILITY

Ability to change and control body position



LIMITATIONS

Makes major and frequent changes in position without assistance.

SLIGHTLY LIMITED

Makes frequent though slight changes in body or extremity position independently.

VERY LIMITED

Makes occasional slight changes in body extremity position but unable to make frequent or significant changes independently.

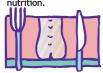
COMPLETELY **IMMOBILE**

Does not make even slight changes in body or extremity position without ássistance.

ADD TO TOTAL SCORE

NUTRITION

Usual food intake pattern NPO: Nothing by mouth. ²IV: Intravenously. TPN: Total parenteral nutrition.



EXCELLENT

Eats most of every meal.
Never refuses a meal.
Usually eats a total of 4
or more servings of meat
and dairy products.
Occasionally eats between
meals. Does not require
supplementation.

ADEQUATE

Eats over half of most meals. Eats a total of 4 servings of protein (meat, dairy products) each day. Occasionally will refuse a meal, but will usually take a supplement if offered, OR is on a tube feeding or TPN³ regimen, which probably meets most of nutritional needs.

PROBABLY INADEOUATE

Rarely eats a complete meal and generally eats only about 1/2 of any food offered. Protein intake includes only 3 servings or meat or dairy products per day. Occasionally will take a dietary supplement, OR receives less than optimum amount of liquid diet or tube feeding.

VERY POOR

Never eats a complete meal. Rarely eats more than 1/3 of any food offered. Eats 2 servings or less of protein or less of protein (meat or dairy products) per day. Takes fluids poorly. Does not take a liquid dietary supplement, OR is NPO¹ and/or maintained on clear liquids or IV² for more than 5 days.

4 ADD TO TOTAL SCORE

FRICTION



NO APPARENT PROBLEM

Moves in bed and in chair independently and has sufficient muscle strength to lift up completely during move. Maintains good position in bed or chair at all times

POTENTIAL PROBLEM

Moves feebly or requires During a move, skin probably slides to some extent against sheets, chair, restraints, or other devices. Maintains relatively good position in chair or bed most of the time but occasionally slides down.

PROBLEM

Requires moderate to Requires moderate to maximum assistance in moving. Complete lifting without sliding against sheets is impossible. Frequently slides down in bed or chair, requiring frequent repositioning with maximum assistance. Spasticity, contractures, or agitation leads to almost constant friction.



RISK SCALE

NONE

22 21 20 19

MILD

18 17 16 15

MODERATE

14 13

HIGH

12 11 10

SEVERE

9 8 7

TOTAL SCORE **USE CHART ON** LEFT TO DETERMINE YOUR PATIENTS RISK

EOUIPMENT

PRACTICE

No additional pressure support required

High specification foam mattress or static air overlay. Consider cushion for chair, Bedcradle/gooseneck

Dynamic air overlay, Dynamic air cushion Dynamic mattress Replacement or Low Air Loss

ALL PLUS

Supplement with small positional shifts

- Seating/posture assessment Nutritional assessment
- Educate

Reference: "The Braden Scale of Predicting Pressure Sore Risk" Bergstrom, N; Braden, B et al. Nursing Research 1987 Vol 36 No 4 pp205-210. Issued by Royal Adelaide Hospital Staff Development Department in conjunction with South Australian Quality Council Pressure Ulcer Prevention Reference: "The Braden Scale

Pressure Ulcer Prevention Practices - Integration of Evidence.

- -shifting, Skin inspection
- Evaluate on change of condition
- - Manage individual risk factors nutrition; shear; friction; continence Educate

Promote Activity

Evaluate on change of condition
 Evaluate on change of condition

Reposition Weight-shifting, Skin inspection