### Braden Scale for Predicting Pressure Sore Risk

<table>
<thead>
<tr>
<th>Sensory Perception</th>
<th>Moisture</th>
<th>Activity</th>
<th>Mobility</th>
<th>Nutrition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ability to respond meaningfully to pressure related discomfort</td>
<td>Degree to which skin is exposed to moisture</td>
<td>Degree of physical activity</td>
<td>Ability to change and control body position</td>
<td>Usual food intake pattern</td>
</tr>
<tr>
<td>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</td>
<td>Skin is kept moist almost constantly by perspiration, urine, etc. Dampness is detected every time patient is moved or turned</td>
<td>Ability to walk severely limited or nonexistent. Cannot bear own weight and/or must be assisted into chair or wheelchair</td>
<td>Does not make even slight changes in body or extremity position without assistance</td>
<td>Never eats a complete meal. Rarely eats more than 1/3 of any food offered. Eats 2 servings or less of protein (meat or dairy products) per day. Takes fluids poorly. Does not take a liquid dietary supplement, OR Is NPO and/or maintained on clear liquids or IV's for more than 5 days</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friction and Shear</th>
<th>Mobility</th>
<th>Nutrition</th>
<th>Total Risk Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>Makes occasional slight changes in body or extremity position but unable to make frequent or significant changes independently</td>
<td>Eats over half of most meals. Eats a total of 4 servings of protein (meat or dairy products) each day. Occasionally will take dietary supplement, OR Is on a tube feeding or TPN regimen, which probably meets most of nutritional needs.</td>
<td></td>
</tr>
<tr>
<td>1. Problem</td>
<td>3. No Apparent Problem</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Potential Problem</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moves feebly or requires minimum assistance. 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.</td>
<td>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.</td>
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</tbody>
</table>

**Determine Level of Risk**

<table>
<thead>
<tr>
<th>Score</th>
<th>Level of Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 -18</td>
<td>L = Low</td>
</tr>
<tr>
<td>13 -14</td>
<td>M = Moderate</td>
</tr>
<tr>
<td>10 -12</td>
<td>H = High</td>
</tr>
<tr>
<td>9 or less</td>
<td>VH = Very High</td>
</tr>
</tbody>
</table>

Consider clients with the following conditions to be more likely to be at higher risk:

- Existing skin breakdown
- Age greater than or equal to 75 yrs
- Diastolic pressure less than 60
- Hemodynamically unstable
- Fever
- PVD/Diabetes
- Obesity

**Risk Level**

Please turn page over to see Head-to-Toe Skin Assessment Flowsheet
# Braden Risk & Skin Assessment Flowsheet

## Skin Assessment Flowsheet (Head-to-Toe)

### Pressure Injury Sites

1. Occiput
2. Scapula
3. Spinal process
4. Elbow
5. Iliac crest
6. Sacrum
7. Ischial Tuberosity
8. Achilles tendon
9. Heel
10. Sole
11. Ear
12. Shoulder
13. Anterior iliococcygeal
14. Trochanter
15. Thigh
16. Medial knee
17. Lateral knee
18. Lower leg
19. Medial malleolus
20. Lateral malleolus
21. Lateral edge of foot
22. Posterior knee

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<table>
<thead>
<tr>
<th>DD/MM/YY</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Overall Head-to-Toe Skin Check Done** (Y/N)

**Areas at High Risk for Injury Checked:**

- Occiput (Y/N)
- Sacral / coccyx (Y/N)
- Bilateral ischial tuberosities (Y/N)
- Bilateral Achilles tendon / heel (Y/N)
- Bilateral medial / lateral malleolus (Y/N)

**Skin Assessment Flowsheet**

- Please see the Braden Interventions Guide for the subscale specific interventions

**Medical Device:** (Y/N/NA)

**Mucous Membranes:** (Y/N/NA)

**Other:** (Y/N/NA)

Refer to WATFS if wound present (Check box if required)

See Progress Notes/Nursing Notes (Check box if required)

**Initials**

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# Braden Scale Interventions Guide - Adult

For those clients at risk; based on the overall Braden Scale risk assessment score & those Braden subscales which score 3 or less, use the interventions below to develop an individualized client care plan.

### Standard Pressure Injury Prevention Interventions for Clients in all Risk Categories:

1. Address client concerns regarding risk of a pressure injury.
2. Determine and document risk factors associated with clinical conditions.
3. Repeat Braden Risk Assessment.
4. Repeat the Head-to-Toe skin assessment.
5. Manage and provide pain relief.
6. Provide skin care
7. Prevent/manage moisture associated skin damage e.g., toileting routine to manage urine/feces. Avoid continence briefs/pads.
8. Promote activity/mobility.
9. Support nutritional therapy e.g., encourage calorie and fluid intake as per client condition.
10. Reduce/eliminate shear & friction e.g., keep head of bed (HOB) less than 30° unless for meal time or as per client condition.
11. Alleviate pressure e.g., protect heels and elbows. Elevate heels off the bed.
12. Promote pressure redistribution through positioning/repositioning e.g., turn/reposition as per clients individualized care plan.

For clients with subscales scores of 2 or less, make referral(s) to appropriate HCPs & consider additional interventions.

### Braden Risk Categories

<table>
<thead>
<tr>
<th>Category</th>
<th>Score</th>
</tr>
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<tbody>
<tr>
<td>At Risk</td>
<td>15 - 18</td>
</tr>
<tr>
<td>Moderate Risk</td>
<td>13 - 14</td>
</tr>
<tr>
<td>High Risk</td>
<td>10 - 12</td>
</tr>
<tr>
<td>Very High Risk</td>
<td>9 or less</td>
</tr>
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</table>

### Nutrition Subscale 2 or Less
- Encourage diet & fluid intake as per client condition/restrictions.
- If NPO, ensure adequate parenteral hydration /nutrition.
- Record/monitor intake/output.
- Record/monitor weight.
- Ensure good oral health at least twice daily.
- Ensure that dentures are in place and well-fitting.
- Ensure that client is able to swallow safely.
- Consult Dietitian.

### Moisture Subscale 2 or Less
- Cleanse with a pH-balanced, non-sensitizing, fragrance-free no-rinse skin cleanser.
- Moisturize non-sensitizing fragrance-free lotion/cream as needed.
- Avoid hot water or scrubbing of skin; gently pat skin dry.
- Cleanse skin folds & perineal area after incontinent episode with no-rinse cleaner.
- Apply skin protectant barrier to protect skin from urine/ feces/perspiration.
- Avoid powder/talc.
- Consider a low-air-loss therapeutic surface or ‘micro-climate manager’.
- Consult OT/PT.
- Consult Wound Clinician.

### Friction/Shear Subscale 2 or Less
- When sitting, ensure feet are on floor, or supported so hips are at a 90° angle.
- Use chair / wheelchair tilt features.
- Keep HOB ≤ 30° (unless contraindicated). Elevate ≥ 30° for meals (short periods only).
- When moving client up in bed, ensure bed is flat; that hips are 10 cms above where the bedframe flexes; then raise knee gatch 10 to 20° before HOB is raised.
- Consider Trunk Release Method (TRM) to ensure proper positioning in bed (Sitting Up In Bed video).
- Consult OT/PT.
- Consult Wound Clinician.

### Activity/Mobility Subscale 2 or Less & Sensory Perception Subscale 2 or Less
- Follow Friction/Shear Subscale interventions.
- Use appropriate pressure redistribution surfaces (e.g., wheelchair cushion, bed mattress).
- Avoid multiple layers of bedding, padding. Keep bed linens smooth.
- Elevate heels using therapeutic devices or pillows. Do not use intravenous bags, towels or pads. Protect elbows.
- Lift, do not drag client when repositioning in bed. Use client handling equipment e.g. ceiling lift as needed.
- Use a transfer device; sliding board, lift/transfer sheet for bed-chair transfers or bed-stretcher transfers.
- Use gel pad on commode chair and bath bench.
- Do not use donut-ring type devices or sheepskin to redistribute pressure.
- Use a prophylactic silicone foam dressing on sacral/coccyx area. Consult Wound Clinician for use on heels.
- Assess skin/ mucosal membranes under/around medical devices 2x per shift. Reposition device if possible.
- Consult OT/PT.
- Consult Wound Clinician.

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