

BRADEN SCALE FOR PREDICTING PRESSURE SORE RISK

Patient's Name _____	Evaluator's Name _____	Date of Assessment _____							
SENSORY PERCEPTION ability to respond meaningfully to pressure-related discomfort	1. 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	2. Very 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.	3. Slightly Limited Responds to verbal commands, but cannot always communicate discomfort or the need to be turned. OR has some sensory impairment which limits ability to feel pain or discomfort in 1 or 2 extremities.	4. No Impairment Responds to verbal commands. Has no sensory deficit which would limit ability to feel or voice pain or discomfort.					
MOISTURE degree to which skin is exposed to moisture	1. Constantly Moist Skin is kept moist almost constantly by perspiration, urine, etc. Dampness is detected every time patient is moved or turned.	2. Very Moist Skin is often, but not always moist. Linen must be changed at least once a shift.	3. Occasionally Moist: Skin is occasionally moist, requiring an extra linen change approximately once a day.	4. Rarely Moist Skin is usually dry, linen only requires changing at routine intervals.					
ACTIVITY degree of physical activity	1. Bedfast Confined to bed.	2. Chairfast Ability to walk severely limited or non-existent. Cannot bear own weight and/or must be assisted into chair or wheelchair.	3. Walks Occasionally Walks occasionally during day, but for very short distances, with or without assistance. Spends majority of each shift in bed or chair	4. Walks Frequently Walks outside room at least twice a day and inside room at least once every two hours during waking hours					
MOBILITY ability to change and control body position	1. Completely Immobile Does not make even slight changes in body or extremity position without assistance	2. Very Limited Makes occasional slight changes in body or extremity position but unable to make frequent or significant changes independently.	3. Slightly Limited Makes frequent though slight changes in body or extremity position independently.	4. No Limitation Makes major and frequent changes in position without assistance.					
NUTRITION <u>usual</u> food intake pattern	1. Very Poor 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.	2. Probably Inadequate Rarely eats a complete meal and generally eats only about 1/2 of any food offered. Protein intake includes only 3 servings of meat or dairy products per day. Occasionally will take a dietary supplement. OR receives less than optimum amount of liquid diet or tube feeding	3. Adequate Eats over half of most meals. Eats a total of 4 servings of protein (meat, dairy products) per day. Occasionally will refuse a meal, but will usually take a supplement when offered OR is on a tube feeding or TPN regimen which probably meets most of nutritional needs	4. 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.					
FRICITION & SHEAR	1. Problem 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	2. Potential Problem 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.	3. 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.						
					Total Score				

<p style="text-align: center;">AT RISK (15–18)*</p> <ul style="list-style-type: none"> • Frequent turning • Maximal remobilization • Protect heels • Manage moisture, nutrition, and friction and shear • Pressure-reduction support surface if bed- or chair-bound <p>* If other major risk factors are present (<i>advanced age, fever, poor dietary intake of protein, diastolic pressure below 60, hemodynamic instability</i>), advance to next level of risk</p>	<p style="text-align: center;">MANAGE MOISTURE</p> <ul style="list-style-type: none"> • Use commercial moisture barrier • Use absorbent pads or diapers that wick & hold moisture • Address cause if possible • Offer bedpan/urinal and glass of water in conjunction with turning schedules
<p style="text-align: center;">MODERATE RISK (13–14)*</p> <ul style="list-style-type: none"> • Turning schedule • Use foam wedges for 30° lateral positioning • Pressure-reduction support surface • Maximal remobilization • Protect heels • Manage moisture, nutrition, and friction and shear <p>* If other major risk factors present, advance to next level of risk</p>	<p style="text-align: center;">MANAGE NUTRITION</p> <ul style="list-style-type: none"> • Increase protein intake • Increase calorie intake to spare proteins • Supplement with multivitamin (should have vitamins A, C, & E) • Act quickly to alleviate deficits • Consult dietitian
<p style="text-align: center;">HIGH RISK (10–12)</p> <ul style="list-style-type: none"> • Increase frequency of turning • Supplement with small shifts • Pressure reduction support surface • Use foam wedges for 30° lateral positioning • Maximal remobilization • Protect heels • Manage moisture, nutrition, and friction and shear 	<p style="text-align: center;">MANAGE FRICTION & SHEAR</p> <ul style="list-style-type: none"> • Elevate HOB no more than 30° • Use trapeze when indicated • Use lift sheet to move patient • Protect elbows & heels if being exposed to friction
<p style="text-align: center;">VERY HIGH RISK (9 or below)</p> <ul style="list-style-type: none"> • All of the above + • Use pressure-relieving surface if patient has <ul style="list-style-type: none"> • intractable pain or • severe pain exacerbated by turning or • additional risk factors <p>* Low air loss beds do not substitute for turning schedules</p>	<p style="text-align: center;">OTHER GENERAL CARE ISSUES</p> <ul style="list-style-type: none"> • No massage of reddened bony prominences • No do-nut type devices • Maintain good hydration • Avoid drying the skin