

Instructions

Identify the 6 subscales comprising the Braden Score

Understand how to complete the Braden Scale accurately

Identify preventative measures and interventions appropriate to each category of risk

Understand the relationship between the driver of risk and the appropriate interventions for the patient related to that driver

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What is the Braden Scale?

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Categories

Sensory perception Moisture Activity Mobility Nutrition Friction/shear

Sensory Perception

1. Completely Limited
Unresponsive
Limited ability to feel pain over MOST of body

2. Very Limited
Painful stimuli
Cannot communicate discomfort
Sensory impairment over HALF of body

3. Slightly Limited Verbal commands
Cannot always communicate discomfort
Sensory Impairment – 1-2 extremities

4. No Impairment Verbal commands No sensory deficit

Moisture

1. Constantly Moist Perspiration, urine, etc. Always

2. Very Moist Often but not always Linen changed at least once per shift

3. Occasionally Moist Extra linen change Q day

4. Rarely Moist Usually dry

Activity

1. Bedfast Never OOB

2. Chairfast Ambulation severely limited to non-existent Cannot bear own weight – assisted to chair

3. Walks Occasionally Short distances daily with or without assistance Majority of time in bed or chair

4. Walks Frequently Outside room 2 x per day Inside room q 2 hours during waking hours

Mobility

1. Completely Immobile Makes no changes in body or extremity position

2. Very Limited Occasional slight changes in position Unable to make frequent/significant changes independently

3. Slightly Limited Frequent slight changes independently

4. No Limitation Major and frequent changes without assistance

Nutrition

1. Very Poor Never eats complete meal/rarely > 1/3, 2 or < proteins/day NPO, clear liquids, IVs > 5 days

2. Probably Inadequate Rarely eats complete meal, approx. 1/2, 3 proteins Occasionally takes dietary supplement Receives less than optimum liquid diet or tube feeding

3. Adequate Eats over 1/2 of most meals, 4 proteins Usually takes a supplement Tube feeding or TPN probably meets nutritional needs

4. Excellent Eats most of meals, never refuses, 4 or more proteins Occasionally eats between meals Does not require supplement.

Friction and Shear

1. Problem Moderate to maximum assistance in moving Frequently slides down in bed or chair Spasticity, contractures or agitation leads to almost constant friction

2. Potential Problem Moves feebly, requires minimum assistance Skin probably slides against sheets, etc. Relatively good position in chair or bed with occasional sliding

3. No Apparent Problem Moves in bed and chair independently Sufficient muscle strength to lift up completely during move Good position in bed or chair.

Scoring

19-23 – not at risk 15-18 – preventative interventions 13-14 – moderate risk 10-12 – high risk 6-9 – very high risk