

Braden Scale

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
Has limited ability to feel pain over most of the body surface

- 2. Very limited:** Responds only to painful stimuli; cannot communicate discomfort, except by moaning or restlessness
or
Has sensory impairment that limits the ability to feel pain or discomfort over one half of the body

- 3. Slightly limited:** Responds to verbal commands, but cannot always communicate discomfort or the need to be turned
or
Has some sensory impairment that limits the ability to feel pain or discomfort in one or two extremities

- 4. No impairment:** Responds to verbal commands; has no sensory deficit that limits the ability to feel or voice pain or discomfort

Moisture

Degree to which the skin is exposed to moisture

- 1. Constantly moist:** Skin is kept moist almost constantly by perspiration, urine, etc.; dampness is detected every time the patient is moved or turned

- 2. Moist:** Skin is often, but not always, moist; linens must be changed at least once per caregiver shift

- 3. Occasionally moist:** Skin is occasionally moist, requiring an extra linen change approximately once per day

- 4. Rarely moist:** Skin is usually dry; linens require changing only at routine intervals

Activity

Degree of physical activity

- 1. Bedfast:** Confined to bed

- 2. Chairfast:** Ability to walk is severely limited or nonexistent; cannot bear own weight and/or must be assisted into a chair or wheelchair

- 3. Walks occasionally:** Walks occasionally during the day, but for very short distances, with or without assistance; spends most of each caregiver shift in bed or a chair

- 4. Walks often:** Walks outside of the room at least twice per day and inside the 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 independently

- 2. Very limited:** Makes occasional slight changes in body or extremity position, but is unable to make frequent or significant changes independently

- 3. Slightly limited:** Makes frequent, but slight, changes in body or extremity position independently

- 4. No limitations:** Makes major and frequent changes in position independently

Nutrition

Usual pattern of food intake

- 1. Very poor:** Never eats a complete meal; rarely eats more than one third of any food offered; eats two servings or less of protein (meat or dairy products) per day; takes in fluids poorly; does not take a liquid dietary supplement
or
Nothing by mouth and/or is on clear liquids or intravenous feedings for more than five days

- 2. Probably inadequate:** Rarely eats a complete meal and generally eats only about one half of any food offered; eats only three servings of protein (meat or dairy products) per day; occasionally takes a dietary supplement
or
Receives less than optimal amount of liquid diet or tube feeding

- 3. Adequate:** Eats more than one half of most meals; eats a total of four servings of protein (meat or dairy products) per day; occasionally refuses a meal, but usually takes a supplement if offered
or
Is on tube feeding or total parenteral nutrition regimen, which probably meets most nutritional needs

- 4. Excellent:** Eats most of every meal; never refuses a meal; usually eats a total of four or more servings of protein (meat or dairy products) per day; occasionally eats between meals; does not require supplementation

Friction and shear

- 1. Problem:** Requires moderate to maximum assistance in moving; complete lifting without sliding against sheets is impossible; often slides down in bed or chair, requiring repositioning with maximum assistance; spasticity, contractures, or agitation leads to almost constant friction

- 2. Potential problem:** Moves feebly or requires minimum assistance; when moving, the skin probably slides to some extent against sheets, the chair, restraints, or other devices; maintains relatively good position in the chair or bed most of the time, but occasionally slides down

- 3. No apparent problem:** Moves in bed and the chair independently and has sufficient muscle strength to lift up completely when moving; maintains good position in bed or the chair at all times

NOTE: A score of 15 to 18 is mild risk, 13 to 14 is moderate risk, 10 to 12 is high risk, and 9 or less is very high risk.

Online Figure A. Braden Scale for evaluating pressure ulcer risk.

Adapted with permission from Braden B, Bergstrom N. Braden scale for predicting pressure sore risk. <http://www.bradenscale.com/bradenscale.htm>. Accessed December 18, 2007.