

Braden Scale Scoring: For predicting Pressure Ulcer Risk

A Braden Scale assessment should be performed on a patient to identify their risk of developing pressure ulcers (bed sores) by evaluating factors like mobility, sensory perception, nutrition, moisture, activity level, and friction/shear, allowing healthcare providers to proactively implement preventive measures for those at high risk and tailor care plans accordingly.

Key reasons to use the Braden Scale:

Early identification of risk:

The scale helps identify patients who are at high risk for developing pressure ulcers before they appear, enabling timely interventions to prevent skin breakdown.

Targeted preventative care:

By understanding a patient's specific risk factors based on their Braden score, healthcare professionals can implement targeted interventions like repositioning, pressure-relieving mattresses, and skin care routines.

Communication and care planning:

A standardized assessment tool like the Braden Scale facilitates clear communication between healthcare team members regarding a patient's pressure ulcer risk and ensures consistent care planning.

Monitoring changes over time:

Regularly reassessing a patient's Braden score allows healthcare providers to track changes in risk factors and adjust interventions as needed.

Quality improvement:

Utilizing the Braden Scale contributes to quality improvement initiatives by proactively preventing pressure ulcers and minimizing associated complications.

1. Assess a patient's risk for developing pressure ulcers using six subscales:

Sensory perception

Moisture

Activity

Mobility

Nutrition

Friction and shear

2. Rate each subscale on a scale of 1 to 4, except for friction and shear, which is rated on a scale of 1 to 3
3. Sum the scores to determine the patient's overall risk level
4. A higher score indicates a lower risk of developing a pressure ulcer, and a lower score indicates a higher risk. The possible total score ranges from 6 to 23, with the following risk levels:

Very high risk: Total score of 9 or less

High risk: Total score of 10–12

Moderate risk: Total score of 13–14

Mild risk: Total score of 15–18

No risk: Total score of 19–23