Purpose and Instructions for the Braden Scale for Pressure Sore Risk

**Purpose**
Pressure sore risk screening tools assist in wound prevention as they identify those persons who are at risk for pressure ulcer development, from those who are not. The purpose of identifying those at risk is to allow for appropriate use of resources for prevention. The Braden Scale, developed in 1987, consists of six sub-scales:

1. Sensory perception
2. Moisture
3. Activity
4. Mobility
5. Nutrition
6. Friction and shear

The individual receives a score between 1-3 or 4 points for each sub-scale item. The sub-scales are then summed for a total score, which ranges from 6-23. The lower the total score the more likely the individual is to develop pressure ulcers.

The total scores have also been stratified into levels of risk, which are based on the predictive value of a positive test, i.e.:

<table>
<thead>
<tr>
<th>Risk Level</th>
<th>Risk Score</th>
</tr>
</thead>
<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 below</td>
</tr>
</tbody>
</table>

Suggested interventions have been developed based on risk scores.

Frequency of pressure ulcer depends on your health care setting, i.e.:

- **Hospital:**
  - Upon admission and then:
    - ICU: daily
    - Acute care: every 48 hours
    - Chronic care: weekly for four weeks, and then quarterly
  - With any significant change in health status
- **Community:** every visit
- **Long-Term Care:**
  - On admission and then weekly for four weeks, and then quarterly
  - Upon readmission from hospital
  - With any significant change in health status
Instructions for Using the Braden Scale for Pressure Sore Risk

1. Obtain a copy of the Braden Scale for Pressure Sore Risk and score every sub-scale item based on their descriptors. Place the sub-scale scores in the Score column on the far right of the table.
2. Total the sub-scales and place the total score in the designated area at the bottom of the table.

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Braden Scale Resources Available from Prevention Plus:

- A video teaching the use of the Braden Scale is available for purchase at a cost of $150.00 per video plus shipping and handling costs of $10.00. The video is approximately 30 minutes in length and is available in VHS and DVD format.
- Competency CD, “Using the Braden Scale in Clinical Practice.” The CD is a web-based program which uses a case study approach to interactive learning and testing of nursing competencies in the use of the Braden Scale and associated protocols for improving pressure ulcer prevention in clinical practice. The CD is available for purchase at a cost of $250.00 plus shipping and handling charges of $10.00.
- Mouse pads embossed with the Braden Scale. A mouse pad keeps the full-text version of the scale immediately available at the point of data entry. These mouse pads are 8”x9.5” and have a hard top surface that resists wear and are easily cleaned. You can view the mouse pad and pricing of multiple purchases on our website www.bradenscale.com.