## Braden Scale Protocols by Level of Risk

### AT RISK (15-18)*
- **Frequent Turning**
- **Maximal Remobilization**
- **Protect Heels**
- **Manage Moisture, Nutrition, and Friction and Shear**
- **Pressure-Reduction Support Surface**
  - If bed- or chair-bound

* If other major risk factors are present
  (advanced age, fever, poor dietary intake of protein, diastolic pressure below 60, hemodynamic instability)

Advance to next level of risk

### MANAGE MOISTURE
- Use Commercial Moisture Barrier
- Use Absorbant Pads or Diapers that Wick & Hold Moisture
- Address Cause if Possible
- Offer Bedpan/Urinal and Glass of Water in Conjunction with Turning Schedules

### MODERATE RISK (13-14)*
- **Turning Schedule**
- **Use Foam Wedges for 30E Lateral Positioning**
- **Pressure-Reduction Support Surface**
- **Maximal Remobilization**
- **Protect Heels**
- **Manage Moisture, Nutrition, and Friction and Shear**

* If other major risk factors present, advance to next level of risk

### MANAGE NUTRITION
- Increase Protein Intake
- Increase Calorie Intake to Spare Proteins
- Supplement with Multi-Vitamin (Should Have Vit A, C & E)
- Act Quickly to Alleviate Deficits
- Consult Dietitian

### HIGH RISK (10-12)
- Increase Frequency of Turning
- Supplement with Small Shifts
- Pressure Reduction Support Surface
- Use Foam Wedges for 30E Lateral Positioning
- Maximal Remobilization
- Protect Heels
- Manage Moisture, Nutrition, and Friction and Shear

### MANAGE FRICTION & SHEAR
- Elevate Hob No More Than 30E
- Use Trapeze When Indicated
- Use Lift Sheet to Move Patient
- Protect Elbows & Heels If Being Exposed to Friction

### VERY HIGH RISK (9 or below)
- All of the Above
- Use Pressure-Relieving Surface If Patient Has Intractable Pain or Severe Pain Exacerbated by Turning or Additional Risk Factors

*Low air loss beds do not substitute for turning schedules

### OTHER GENERAL CARE ISSUES
- No Massage of Reddened Bony Prominences
- No Do-Nut Type Devices
- Maintain Good Hydration
- Avoid Drying the Skin

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http://www.bradenscale.com/newlevels.htm

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