

## Braden Scale

The Braden Scale is a tool for predicating pressure ulcer risk. Categories assessed include sensory perception, moisture, activity, mobility, nutrition, and friction and shear. Each category is rated on a scale of 1 to 4 (with the exception of 'friction and shear' being 1 to 3). A score of 1 means the patient is at a higher risk of developing a pressure ulcer, while a score of 4 means there is little to no impairment in that category to contribute to pressure ulcer formation. Therefore, the lower the total score, the higher the risk of developing a pressure ulcer. A score of 15-16 is considered low risk, 13-14 is moderate risk, and 12 or less is considered high risk for developing a pressure ulcer.



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### Characteristics

#### Sensory Perception

##### Sensor applying Pressure

This category assesses the ability to detect and respond to pressure-related pain or discomfort.

#### Moisture

##### Water-bottle

This category assesses the degree to which skin is exposed to moisture, such as due to perspiration or urine. <br>

#### Activity

##### Active-runner

This category examines the patient's degree of physical activity. Assess whether they are bed bound vs regularly mobile in and outside the room. <br>

#### Mobility

##### Mobile-phone

This category assesses the ability to change and control body position either independently or with full assistance.<br>

#### Nutrition

##### Nutritional-plate

This category examines the usual food intake pattern and nutritional content.

#### Friction and Shear

##### Friction of surface causing Shearing

This category assesses various factors such as the amount of assistance a patient needs to move and the degree of assistance to avoid sliding. Whether in bed or while seated. This is the only category rated from 1 to 3. <br>