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.

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.

Mobility
Mobile-phone
This category assesses the ability to change and control body position either independently or with full assistance.

Nutrition
Nutritional-plate
This category examines the usual food intake pattern and nutrional 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.

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