

Appendix D: Risk and Related Interventions

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Interventions by Level of Risk

AT RISK (15-18)*

- Turn, turn, turn
 - Maximal remobilization
 - Protect heels
 - Manage moisture, nutrition, 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.

MODERATE RISK (13-14)*

- Turning schedule with 30° rule
 - Pressure reduction support surface
 - Maximal remobilization
 - Protect heels
 - Manage moisture, nutrition, friction and shear
- * If other major risk factors present, advance to next level of risk.

HIGH RISK (10-12)

- Pressure reduction support surface
- Increase frequency of turning, 30° with foam wedges, supplement with small shifts
- Maximal remobilization
- Protect heels
- Manage moisture, nutrition, friction and shear

LOW AIR-LOSS BEDS AND PREVENTION

High risk

+

uncontrolled pain

or

severe pain exacerbated by turning

or

Braden scale score ≤ 9 (severe risk)

+

Additional risk factors

Please Note: low air loss beds do not substitute for turning schedules

MANAGE MOISTURE

- Use commercial moisture barrier
- Use absorbent pads or diapers that wick and hold moisture
- Address cause, if possible
- Offer bedpan/urinal and glass of water in conjunction with turning schedules

MANAGE NUTRITION

- Increase protein intake
- Increase calorie intake to spare proteins
- Supplement with multi-vitamin (should have Vitamin A, C & E)
- Act quickly to alleviate deficits
- Consult dietitian

MANAGE FRICTION AND SHEAR

- Elevate head of bed no more than 30°
- Use trapeze when indicated
- Use lift sheet to move patient
- Protect elbows and heels if being exposed to friction

OTHER GENERAL CARE ISSUES

- No massage of reddened bony prominences
- No “donut” type devices
- Maintain good hydration
- Avoid drying the skin

