

Date: _____

Names: _____

Braden-Scala - for determining the risk of pressure ulcers						points
A	Sensory perception Stimuli, such as pressure, can be perceived and an adequate response made	1. not present no reaction to stimuli. Paresthesia is not perceived	2. severely restricted only strong pain sensations possible. Hardly any pain sensations due to partial paralysis of the body	3. slightly limited Reaction to pain only after direct address. Discomfort cannot always be communicated.	4. no restriction no disturbed pain sensation. Discomfort can be conveyed.	
B	Humidity Frequency or extent to which the skin is exposed to moisture	1. always moist the skin is constantly moist. Moisture is noticeable with every movement	2. often moist the skin is often moist, but not always. At least twice a day it is therefore necessary to change the bed linen	3. occasionally wet Occasionally a little wet. Daily change of linen required.	4. rarely moist Skin is only rarely moist. Change of clothes usually only necessary for routine reasons	
C	activity Extent of physical activity	1. bedridden cannot leave the bed .	2. able to sit needs help to sit up, can walk a few steps with help,	3. Walking possible Can occasionally walk short distances. But spends most of the time in bed, chair or wheelchair.	4. Regularly active Regularly walks. Walks at least 2 hours a day up and down	
D	Mobility Ability to move the body and maintain the body's position	1. complete immobility Even slight changes in the position of the body or extremities can only be carried out with extensive help	2. severely limited Changes in position are rarely carried out, only to a small extent, but not regularly	3. slightly limited smaller changes in position are carried out independently and regularly	4. No restriction Comprehensive changes of position are carried out independently and regularly.	
E	Nutrition Quality and quantity of nutritional behaviour	1. poor nutrition Does not eat enough, even small portions are not eaten up. Drinks too little, takes in too little protein, is not allowed to eat any oral food. Is only allowed to take in clear liquids	2. probably insufficient Meals are rarely eaten completely. Often only 1/2 portion. Consumes only 3 protein portions daily. However, occasionally consumes reconstitution food	3. adequate nutrition generally eats more than half of the meals offered. Takes 4 portions of protein a day. Takes supplemental protein-rich drinkable food	4. Good nutrition All meals are eaten. Does not require any food supplements. Take enough (4 portions a day) of protein (e.g. milk, meat).	
F	Friction and shear forces Extent of friction on the skin when changing position	1. problematic When changing position, extensive help is needed. It is not possible to lift the body without sliding it over the surface. It is not possible to maintain the body position in bed and chair. It repeatedly slides downwards.	2. developing problem walks alone a little or with a little help. Help needed to stand up, drags himself across the sheet. Can hold his body position in a sitting position for a certain period of time.	3. no problem can move alone in bed and chair. Can straighten up self. can hold body position in a sitting and standing position for a longer time.		

Very high risk: < 9 points

High risk : = 9 - 11 points

Medium risk: = 12 - 14 points

Low risk : = 15 - 18 points

Total number of points:

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