

Pan-Leeds Health TRIP

The Braden Scale presentation



Objectives

- To be aware of what the Braden Scale is and its purpose
- To understand the signs and symptoms of pressure ulcers and sores
- To develop your knowledge of the various of pressure ulcers and sores
- To understand the treatments available
- To work in a group to complete a risk assessment considering the Braden Scale



What is the Braden Scale?

The Braden Scale for predicting pressure ulcer risk is a tool that was developed in 1987 by Barbara Braden and Nancy Bergstrom. The purpose of the scale is to help health professionals, especially nurses, to assess a patient's risk of developing a pressure ulcer.



Signs and symptoms of pressure ulcers and sores

Pressure ulcers can affect any part of the body that is put under pressure. They are most common on bony parts of the body such as the heels, elbows, hips and the base of the spine. They often develop gradually but can sometimes form in a few hours.

Early symptoms of a pressure ulcer include (category 1):

- part of the skin becoming discoloured – people with pale skin tend to get red patches, while people with dark skin tend to get purple or blue patches
- discoloured patches which do not turn white when pressed
- a patch of skin that feels warm, spongy or hard
- pain or itchiness in the affected area



The skin may not be broken at first, but if the pressure ulcer gets worse, it can form:

- an open wound or blister – a category 2 pressure ulcer
- a deep wound that reaches the deeper layers of the skin – a category 3 pressure ulcer
- a very deep wound that may reach the muscle and bone – a category 4 pressure ulcer



Treatments available

- Applying dressings that speed up the healing process and may help to relieve pressure
- Moving and regularly changing position
- Using specially designed static foam mattresses or cushions, or dynamic mattresses and cushions that have a pump to provide a constant flow of air
- Eating a healthy, balanced diet
- A procedure for cleaning the wound and removing damaged tissue (debridement)

Category 1



Category 2



Category 3



Category 4





Activity

Work in groups to complete a risk assessment for your scenario patient using the Braden Scale and by considering what we have looked at so far.

You will then present your patient risk assessment and recommendations to the group.

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