

## PREVENTION PROTOCOLS PER BRADEN CATEGORY

### Activity/Mobility

Goal: To minimize the pressure associated with activity or mobility deficits.

- Assess skin integrity and bony prominences for redness q shift and prn
- Turn and re-position q2h during comfort rounds
- Protect heels by offloading pressure with pillows
- Consult OT for seating needs and pressure relieving devices as appropriate
- Reposition patient q1h while in chair or teach patient to reposition
- Maximize mobility through passive and active ROM
- Avoid positioning directly on trochanters when in bed, position using a 30 degree lateral side position
- Maintain head of bed < 30 degrees except during meals and medication administration unless contraindicated
- Assess for appropriate mattress support surface, selection based on risk score

### Friction/Shear

Goal: To minimize the friction and shearing forces.

- Maintain head of bed < 30 degrees except during meals and medication administration unless contraindicated
- Apply transparent barrier or No Sting Barrier to vulnerable bony prominences where breakdown has not yet occurred
- Use lifting sheet when moving patient in bed or between various surfaces, never pull or drag
- Use turning sheets, trapeze, mechanical lifts and transfer boards to facilitate safe patient movement

### Nutrition

Goal: To maintain and enhance nutritional status to prevent pressure ulcer formation and/or facilitate healing.

- Assess and promote nutritional and fluid intake as appropriate
- Monitor for weight loss and muscle wasting resulting in increased weakness
- Consult Clinical Dietician as required

### Moisture

Goal: To reduce excessive moisture and prevent excess drying of skin surface.

- Avoid prolonged exposure to moisture and irritants
- Change incontinent patients frequently, cleansing skin gently with appropriate products and pat skin dry
- Cavilon Barrier cream to be used every 8 – 24 hours for patients with 1 to 3 episodes of urinary and/or fecal incontinence per day with intact skin with or without erythema
- Cavilon No Sting Barrier to be used every 24 – 72 hours for patients with 4 or greater episodes of urinary and/or fecal incontinence per day with intact skin without erythema, if erythema or erosion is present use every 12 – 24 hours

### Sensory/Perception

Goal: To enhance ability to communicate needs.

- Explore and develop patient specific strategies to communicate need for position changes as appropriate
- Address patient positioning at comfort rounds q2h minimum
- Access expertise of OT and PT as required