

## MDS Alert

### Care Plan Tool: Consider This Risk-Driven Pressure Ulcer Prevention Tool

Link strategies to the various risk factors identified by the Braden scale.

Braden Intervention Protocol \*

\*Adapted from Braden Scale for Predicting Pressure Sore Risk (Copyright Barbara Braden and Nancy Bergstrom, 1988) by Jennifer Hurlow GNP, CWOCN. Adaptation printed with permission from Dr. Barbara Braden. REMINDER: Do not massage bony prominences. Do not use donut shaped foam/pillow to offload pressure points. Do not use multiple incontinence pads/linen under prone areas. Avoid positioning directly on the trochanter by using a 30 degree side-lying position. Heel pads are not an adequate way to off load heels. One effective way to off load heels is off the end of a longitudinally placed pillow.

Recommendations can be reconsidered if contraindicated by patient condition and/or goals of care.

