



## Pressure Injury Prevention and Management Individualized Care Plan - Home Care

Addressograph Label  
 Client Label  
 DOB mm/dd/yyyy  
 PHIN/MHSC#  
 HRN

- This Checklist identifies strategies that may be implemented based on client assessment and individualized need
- Complete each time the Braden is completed
- Check only the interventions relevant based on Braden score.
- In the first column indicates who is to carry out the intervention (H=Home care, F=Family C=Client)
- Date (d/m/y) appropriate column and complete in ink

		Who will do it?	Date/Initial	Date/Initial	Date/Initial
<b>ALWAYS</b>	Skin assessment/inspection (including heels) & documentation every _____				
<b>Braden Score</b>	<b>Sensory Perception</b>				
1	Use pillow or other positioning devices between knees and bony prominences to avoid direct contact				
1-2	Select support surface				
1-2-3	Elevate and protect heels (friction reduction boot or heel elevation boot)				
4	Encourage client to report pain over bony prominences				
<b>Braden Score</b>	<b>Moisture</b>				
1-2-3	Use moisture barrier product: _____				
1-2-3	Moisturize dry unbroken skin				
1-2	Implement bladder training if appropriate.				
1-2	Select and provide Low Air Loss support surface. <i>Refer to Braden Scale</i>				
1-2	Consider appropriate support surface				
3	Avoid use of incontinence products if possible. <i>If necessary, check q2-3h and prn</i>				
1-2-3-4	Monitor client for any other moisture problems (such as under skin folds) every: _____				
4	Encourage client to moisturize to prevent dry skin				
<b>Braden Score</b>	<b>Activity</b>				
1	Elevate head of bed and positioning with lateral turns no more than 30 degrees				
1	Position with pillows/positioning aids to elevate pressure points off of the bed				
1	Select appropriate support surface				
1	Elevate heels off bed and/or use heel protectors				
1	Consult OT/PT for assessment				
1	Turn/reposition q 1-2 h and post a turning schedule				
1	Teach or do frequent small shifts of body weight				
2	Consult OT for seating assessment				
2	Select and provide specialty chair pad seating surface				
2	Promote appropriate positioning for individuals in chair or wheelchair				
2	Teach client to reposition q 15 minutes when in chair. If unable to, reposition q1h				
3	Stand every _____ if able				
2	Protect bony prominences by padding equipment and /or bony prominence				
3	Provide structured mobility plan – type of activity and frequency. Consider consult to PT/OT				
3	Provide chair cushion/specialty seating surface				
4	Encourage ambulating outside the room at least bid. Observe for balance and endurance				



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Braden Score	Mobility	Who will do it?	Date/Initial	Date/Initial	Date/Initial
1-2	Turn/reposition q 1-2 hours. Post a turning schedule				
1-2	Elevate and protect heels				
1-2	Elevate head of bed no more than 30 degrees				
1-2	Positioning with lateral turns no more than 30 degrees				
1-2	Select appropriate support surface				
2-3	Teach to do frequent small shifts of body weight				
3	Turn/reposition every _____				
3	Consider consult to PT for strengthening/conditioning				
3	Provide or consult OT for assistive devices/mobility aids as needed				
4	Encourage ambulation outside of room every _____				
Braden Score	Nutrition				
1-2	Consult dietitian				
1-2	Offer nutrition supplements				
1-2	Offer fluids frequently as appropriate				
1-2	Encourage family to offer favorite foods				
2	Encourage family to offer small frequent meals				
1-2-3	If NPO for >24 hours, discuss nutrition plan with physician				
1-2-3	Record dietary intake and intake & output if appropriate				
1-2-3	Monitor nutritional intake				
1-2-3-4	If wounded, consult dietitian				
4	Out of bed for all meals				
Braden Score	Friction and Shear				
1-2	Use slider/other assistive devices to reposition in bed or chair				
1-2	Ensure proper chair positioning with feet flat and at 90 degrees at ankles, knees and hips				
1-2	Apply elbow/heel protector to intact skin				
1-2	Use pillow or heel suspension boot to off load heels				
1-2	Consult OT				
1-2	Elevate head of bed no more than 30 degrees				
1-2	Avoid massaging over bony prominences and reddened areas				
1-2-3	Keep bed linens clean, dry and wrinkle free. Avoid use of soakers				
<b>All clients with a Braden Score 18 or less should be given teaching handouts and education regarding pressure ulcer prevention, "Taking the Pressure Off – Pressure Injury Prevention Pamphlet" (CLI.4110.SG.002.SD.05)</b>					