



Pressure Injury Prevention and Management Intervention Checklist

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

- This Checklist identifies strategies that may be implemented based on the Braden score
- Complete each time the Braden is completed
- Check only the interventions relevant based on Braden category score, if not applicable N/A
- Place initials beside interventions that are initiated/completed and transcribe these to Care Plan/Kardex
- Date (d/m/y) appropriate column and complete in ink

Braden Score	Sensory Perception	Date	Date	Date	Date
1	Use pillow or other positioning devices between knees and bony prominences to avoid direct contact				
1-2	Select support surface				
1-2-3	Skin assessment & documentation daily				
1-2-3	Elevate and protect heels. (friction reduction boot or heel elevation boot)				
1-2-3	Check heels daily				
1-2-3-4	Encourage client to report pain over bony prominences				
Braden Score	Moisture	Date	Date	Date	Date
1-2-3	Skin assessment and documentation daily				
1-2-3-4	Moisturize dry unbroken skin				
1-2	If incontinence, consider bladder/ bowel training and toileting after meals				
1-2	Consider use of urinary catheter or stool management system				
1-2	Consider use of Low Air Loss surface				
1-2	Consider appropriate support surface				
3	Avoid use of incontinence products if possible <i>but if necessary check q2-3h and prn</i>				
1-2-3-4	Monitor client for any other moisture problems (such as under skin folds)				
Braden Score	Activity	Date	Date	Date	Date
1-2	Skin assessment and documentation daily				
1	Elevate head of bed 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	Lateral turns no more than 30 degrees				
1	Turn/reposition q 1-2 h				
1	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	Teach client to reposition q 15 minutes when in chair. If unable to, reposition q1h				
3	Stand every hour if able				
2	Protect bony prominences				
3	Provide structured mobility plan (eg. Walk length of hall twice daily)				
3	Provide specialty seating surface				
3	Consider consult PT/OT				
3-4	Check skin daily				
4	Encourage ambulating outside the room at least twice daily				



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Braden Score	Mobility	Date	Date	Date	Date
1-2	Skin assessment and documentation daily				
1-2	Turn/reposition q 1-2 hours				
1-2	Lateral position 30 degrees or less				
1-2	Elevation of head of bed no more than 30 degrees				
1-2	Post a turning schedule				
1-2	Elevate and protect heels				
1-2	Select and provide appropriate support surface				
2-3	Teach or do frequent small shifts of body weight				
3	Turn/reposition frequently				
3	Consider consult PT				
3	Provide assistive devices/mobility aids				
3	Consult OT for assistive devices/mobility aids				
3	Check skin daily				
4	Encourage ambulating outside the room at least twice daily				
Braden Score	Nutrition				
1-2	Skin assessment and document daily				
1-2	Consult Dietitian				
1-2	Offer nutrition supplements				
1-2	Offer fluids as appropriate				
1-2	Consider discussion with family re: client food preferences				
2	Offer small frequent meals				
1	If NPO for >24 hours, discuss nutrition plan with physician				
1-2-3	Record dietary intake				
1-2	Record intake and output if appropriate				
1-2-3-4	If client has a wound, consult dietitian				
4	Out of bed for all meals				
Braden Score	Friction and Shear				
1-2	Skin assessment and documentation daily				
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 30 degrees or less				
1-2	Lateral position no more than 30 degrees				
1-2	Avoid massaging over reddened areas				
1-2-3	Keep bed linens clean, dry and wrinkle free. Avoid use of soakers				
All clients with a Braden score 18 or less are to be given teaching handouts and education regarding pressure injury prevention, "Taking the Pressure Off – Pressure Injury Prevention Pamphlet" (CLI.4110.SG.002.SD.05)					