

NURSING INTERVENTIONS FOR PTS AT RISK FOR PRESSURE ULCERS

<p><u>BRADEN SCORE 15-18 = "AT RISK"</u></p> <ul style="list-style-type: none"> • FREQUENT TURNING • MAXIMAL REMOBOLIZATION • PROTECT HEELS • MANAGE MOISTURE, NUTRITION AND FRICTION AND SHEAR • PRESSURE-REDUCTION SUPPORT SURFACE IF BED OR CHAIR BOUND <p>*IF other major risk factors are present (advanced age, fever, poor dietary intake of protein, diastolic pressure of < 60, hemodynamically unstable) Advance to the next level of risk.</p>	<p>NURSING FOCUS: MANAGE MOISTURE</p> <ul style="list-style-type: none"> • USE REMEDY SKIN REPAIR CREAM • USE REMEDY 4-in-1 BODY CLEANSER • IF PATIENT IS INCONTINENT USE REMEDY NUTRASHIELD, AP ABSORBENT PADS OR INCONTINENT PRODUCTS THAT WICK & HOLD MOISTURE AWAY FROM SKIN • ADDRESS CAUSE IF POSSIBLE • OFFER BEDPAN/URINAL AND GLASS OF WATER IN CONJUNCTION WITH TURNING SCHEDULES
<p><u>BRADEN SCORE OF 13-14 = "MODERATE RISK"</u></p> <ul style="list-style-type: none"> • TURNING SCHEDULE EVERY 2 HOURS (or more frequently depending on patient condition) • USE FOAM WEDGES FOR LATERAL POSITIONING • PRESSURE-REDUCTIOON SUPPORT SURFACE • MAXIMAL REMOBILIZATION • PROTECT HEELS • MANAGE MOISTURE, FRICTION,& SHEAR • MANAGE NUTRITION <p>*IF other major risk factors are present</p>	<p>NURSING FOCUS: MANAGE NUTRITION</p> <ul style="list-style-type: none"> • INCREASE PROTEIN INTAKE • INCREASE CALORIE INTAKE TO SPARE PROTEINS • SUPPLEMENT WITH MULTI-VITAMINS (should have vitamin A, C & E) • CONSULT DIETICIAN • CONTINUE INTERVENTIONS LISTED UNDER "MANAGE MOISTURE" • ACT QUICKY TO ALLEVIATE DEFICITS
<p><u>BRADEN SCORE OF 10 – 12 = "HIGH RISK"</u></p> <ul style="list-style-type: none"> • INCREASE FREQUENCY OF TURNING • SUPPLEMENT WITH SMALL SHIFTS • PRESSURE RECUCTION SUPPORT SUSRFACE • USE FOAM WEDGES FOR 30 DEGREE LATERAL POSITIONING • MAXIMAL REMOBILIZATION • PROTECT HEELS • MANAGE MOISTURE, FRICTION AND SHEAR • ADD NUTRTION SUPPLEMENT FOR PO INTAKE < 50% OF MEALS 	<p>NURSING FOCUS: MANAGE FRICTION AND SHEAR</p> <ul style="list-style-type: none"> • ELEVATE HOB NO MORE THAN 30 DEGREES (RULE OF 30) • USE TRAPEZE WHEN INDICATED • USE LIFT SHEET TO MOVE PATIENT • PROTECT ELBOWS & HEELS IF BEING EXPOSED TO FRICTION • CONTINUE INTERVENTIONS LISTED UNDER "MANAGE MOISTURE AND "MANAGE NUTRITION" LISTED ABOVE
<p><u>BRADEN SCORE OF 9 OR LESS = "VERY HIGH RISK"</u></p> <ul style="list-style-type: none"> • ALL OF THE ABOVE <i>PLUS</i> • USE PRESSURE-RELIEVING SURFACE IF PATIENT HAS INTRACTABLE PAIN OR SEVERE PAIN EXACERBATED BY TURNING OR ADDITIONAL RISK FACTORS 	<p>NURSING FOCUS: OTHER GENERAL CARE ISSUES</p> <ul style="list-style-type: none"> • NO MASSAGE OF REDDENED BONY PROMINENCES • <u>DO NOT USE</u> DONUT TYPE DEVICES • MAINTIAN GOOD HYDRATION • CONTINUE INTERVENTIONS LISTED UNDER "MANAGE MOISTURE AND "MANAGE NUTRITION" LISTED ABOVE • AVOID DRYING THE SKIN AND USE THE REMEDY NUTRASHIELD IF SKIN IS INTACT, IF SKIN IS DENUDED USE CALAZIME PROTECTANT PASTE