

Nursing research

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Nursing research Pressure Sores and the Braden Scale Pressure sores is a common health problem in the world. Dr. Bergstrom and Dr. Braden conducted a research on how nurses can assess the risk of patients getting pressure sores. They designed an instrument that would be used in determining the riskiness of a patient in getting pressure sores. The Braden scale was developed to assess the patient score in six main areas that determine the development of pressure sores. The areas include; nutrition and hydration, physical capability, ease of changing positions, sensing and responding to pressure, behavior of skin in humid conditions and resilience of skin to friction (National Institute of Nursing Research, 2006).

The testing of Braden scale in hospitals proved that nurses can determine the possibility of patient developing pressure sores based on the above factors. During the study period, the patients who indicated a high risk of getting the condition developed pressure sores. Pressure sores occurred in 10% of VA patients and one-quarter from nursing homes. All the patients under study had no history of pressure sores.

The study had broad implications for nursing. The Braden scale has become an essential tool for assessing the risk of a patient getting pressure sores. The tool has assisted in developing alternative methods of preventing pressure sores. The methods include reducing the exposure to conditions that increase the riskiness of pressure sores.

The findings of the study prove that health conditions can be prevented at the primary level. The Braden scale eased the procedure of assessing the riskiness of patients to pressure sores. I use Braden scale score to advise people on causative factors of pressure sores and how to mitigate or avoid

the conditions.

Reference

National Institute of Nursing Research (U. S.) (2006). Changing practice, changing lives: 10 landmark nursing research studies. Bethesda, MD: National Institute of Nursing Research, U. S. Dept. of Health and Human Services, National Institutes of Health. Retrieved from <https://www.ninr.nih.gov/sites/www.ninr.nih.gov/files/10-landmark-nursing-research-studies.pdf>