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| Guidance for Braden Element Activity |

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| * Take Note do not confuse this with Mobility * Do not confuse what a patient can do to what they actually do (this can make a big difference to your score). |

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| Bedfast |
| This is when a patient or resident are confined to bed due to not being safe to sit due to poor general health or patient choice.  Patient is still bedbound if they sit out to use the commode and sit out to have their bedding changed. |

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| Chair fast |
| This when a patient or resident cannot walk.  They may be able to stand, transfer and with a lot of assistance walk a few steps, but without large amounts of help they would not be able to walk. |

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| Walks occasionally |
| Patient may be able to walk to and from the toilet or walk within the room.  Patient may only walk when prompted by a healthcare professional or carer.  Patient will spend most of the day and night sitting or lying. |

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| Walks frequently |
| Is able to walk from room to room at will may be able to walk upstairs.  Patient can and does stand and walk frequently around the room to remove stiffness of sitting and aid changes in position to prevent pressure damage (at least 2 hourly may be more often).  Patient does not need to be prompted to move and walk. |