

Pressure Points

Preventative Skin Care

- ➔ **Reposition** frequently; use positioning devices to relieve pressure
- ➔ Clean quickly after **incontinence**
- ➔ Apply skin **barrier creams** and lotions
- ➔ **Toilet** per resident's need
- ➔ Keep linens **clean and wrinkle-free**
- ➔ **Check fit** of wheelchairs, braces and splints
- ➔ **Check skin** around and under oxygen tubing, GT sites, catheters, support stockings and casts



- ➔ **Inspect** skin daily...
report all suspicious areas
- ➔ Provide appropriate assistance with transfer to **prevent friction and shearing**
- ➔ Begin **immediate** preventative care when illness occurs (ex. diarrhea, fever, colds, flu)

**PRESSURE
FREE ZONE**