





# Pressure Points





## Incontinence Management

- ➔ **Increase** incontinence management during new illnesses, such as diarrhea, urinary infection, flu and colds
- ➔ Consider leaving resident “**open to air**” (no briefs) while in bed
- ➔ **Monitor** perineal and buttock areas with each care opportunity for redness, rash or odor

### DO

-  **Know your residents'** incontinence patterns and check frequently
-  **Toilet** frequently to avoid incontinence
-  Use gentle **soap** or skin **cleanser**
-  Apply topical **barrier** to protect skin with EVERY perineal care

### DON'T

-  **Scrub** the skin
-  **Skip** application of barrier creams
-  Use more than **one** incontinence pad on a bed
-  Use **plastic** incontinence pads on low air loss beds



## PRESSURE FREE ZONE