



Friction and Shear

Objective To focus your staff on proper prevention techniques that reduces friction and shear.

First Ask staff how many days their unit has been since they acquired a pressure injury?

- a. If zero, ask how many days in the past week have they been without an acquired pressure injury.
- b. Congratulate each successful day!
- c. Check that your Pressure Free Zone tracking boards are up-to-date.

Review

- a. "You're Tearing Me Apart" education lesson plan
 - i. Need: wax paper
- b. The Pressure Points poster and review each tip

Ask

- a. Staff for tasks that place the residents at high-risk for friction and shearing?
 - i. Have staff identify some residents at high-risk and tell why.
- b. What can you do differently in your daily routine to reduce friction and shear for your residents? (possible answers: use lifts, use draw sheets and lift pads, lay bed flat, use two staff, use cushioning devices in positioning, etc.)

Emphasize Shear and friction cause damage to tissue under the skin and cannot always been seen immediately. Avoidance of friction and shear plays an important part in eliminating acquired pressure injuries.

Lesson Using proper lifting, transferring and positioning techniques reduce friction and shear. Damage to tissue under the skin places the resident at a high risk for pressure injuries.