



Daily Skin Check

Objective To focus your staff on completing skin assessments on all residents during care in assessment of skin. Special attention needs to be focused on residents with darker skin tones.

First Ask staff how many days their unit has gone without an acquired pressure injury?

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

Review

- a. "You Bruise, You Lose" education lesson plan
 - i. Need two fruits of contrasting colors, one dark skin and one light skin. (ex. plum/nectarine; green or yellow apple/dark red apple, and banana)
- b. The Pressure Points poster and review each tip

Ask

- a. What is the biggest barrier to getting skin assessments done on your shift?
- b. What can you do differently in your daily routine to identify suspicious skin problems? (possible answers: carry a flashlight if providing care at night, touch areas to assess for redness, heat or coolness, ask resident about skin pain, itching, etc., follow protocol for reporting skin concerns)

Emphasize Direct care staff is our first "eyes" for identifying skin concerns. Look carefully at discolorations on dark skin-toned residents.

Lesson Direct care staff is the first line of defense for early skin damage. Constant inspection of pressure points during routine care is essential. Special attention needed for residents with darker skin tones as damage is not easily seen.