



Skin Protection

Objective To focus your staff on the importance of the skin as the first line of defense in protecting the body from harm and to reinforce the staff's role in providing care that promotes skin integrity.

First Ask staff how many days it has been since their unit 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. Update your Pressure Free Zone tracking wipe-off board.

Review

- a. "The Barren Desert" ~ Need: dry peeling onions, white tube socks, lotion.
- b. The Pressure Points poster and each tip for pressure relief .

Ask

- a. Staff to identify a few residents at high-risk for skin breakdown and explain why.
- b. What can you do differently in your daily routine to protect your residents' skin?

Emphasize Skin is the body's first line of defense and ANY opening in the skin places the resident at risk for infection, further skin breakdown, pain and other complications.

Lesson Excellent skin care is critical for protecting residents' skin and reducing the risk of pressure injuries, skin tears and abrasions.