

Pressure Points

Skin Protection is Prevention

➔ Skin is the **armor** that protects the body from invasion!

- Skin is the **first line of defense** that protects us from infections, fluid loss and temperature control

➔ Maintain **healthy skin** every day by using:

- **Moisturizers:** lotions and creams with a.m. and p.m. care
- **Barrier creams:** after each incontinent episode
- **Protective devices:** skin sleeves, splints, dressings, etc.

➔ Ensure **proper fitting** clothing, shoes, socks, briefs, etc.

➔ Use **specialty devices** that reduce pressure in wheelchairs, recliners and bed

➔ What you can do:

- **Daily skin checks** and report suspicious findings
- **Repositioning** using pressure reducing devices... lift, do not drag
- **Monitor intake** of food and fluids
- **Moisturize** and use **barrier creams**
- **Report** changes in resident condition



PRESSURE FREE ZONE