

It's All About Timing!

- Daily: Inspect skin
- Know the individualized turning and repositioning schedule determined by your care team in both bed and in a chair/wheelchair
- At all times: Use a pressure-reducing device for the bed and chair
- Promptly: Clean skin when it is soiled
- Daily: Eat a balanced diet and follow your nutrition plan

Please note:

These tips serve as a guide. Your doctor or nurse will tailor your care to meet your needs.



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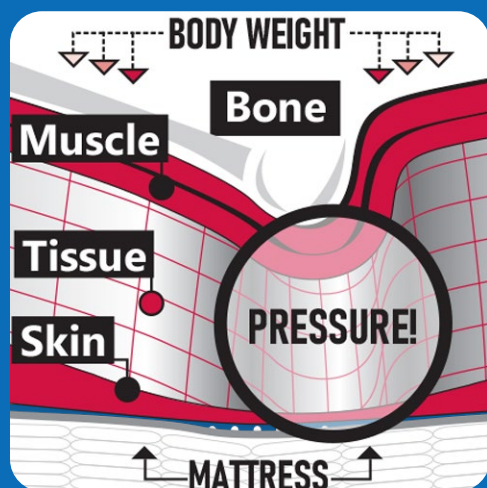
It's Time to Take the Pressure Off!



**A Pressure Injury Prevention
and Treatment Guide for
Residents, Families and Staff.**

What are Pressure Injuries?

They are injuries to the skin and the tissue underneath. It is usually caused by unrelieved pressure or shear. Pressure injuries may be called “bed sores” or decubitus ulcers.

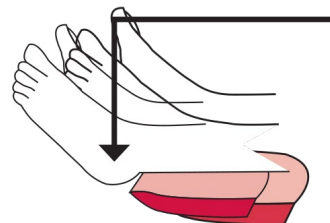


If pressure on the skin is not relieved, it will squeeze the tiny blood vessels in the tissue. These tiny blood vessels have to remain open to allow blood flow that provides oxygen and nutrients to your skin.

What Can You Do to Help Prevent and Treat a Pressure Injury?

Plenty! Here's how to reduce the risk and take care of your skin.

1. Inspect your skin and wound dressing daily. Look for redness, broken skin, pain or drainage. Remove clothing, socks and shoes, and inspect the whole body.



2. Take care of your skin by following these tips:
 - Keep wound dressings clean and dry.
 - Use moisturizing creams for dry skin.
 - Use moisture-barrier creams to protect skin from incontinence.
 - Use moisture-wicking, absorbant pads or diapers to help keep the skin dry.
 - Wounds must be kept moist. Use products designed for this purpose.



3. Lift — never drag — a person or part of the body when positioning. Use drawsheets and assistive devices if needed.
4. Keep heels up off the bed. Do this by putting a vertical pillow under the legs from mid-calf to ankle. Use one pillow for each leg.
5. Keep knees, ankles and other bony points from touching. Use pillows to keep the pressure off.
6. Never position directly on a pressure sore. Keep weight off of the wound at all times.
7. Eat healthy foods and drink plenty of water or other fluids. This will help skin heal and stay healthy.
8. Take part in you own care!