

Pressure Injury Prevention

The skin is the body's largest organ. Its function is to be an effective barrier between the "inside" and the "outside."

This barrier protects us from infections, fluid loss and temperature control.

The skin condition reflects overall body function. Therefore, the presence of skin breakdown may be the most visible evidence of a health issue.

Protecting Skin - The First Line of Defense!

Preventing even the smallest break in the skin is critical to your residents' health.

Use a standardized tool (Braden, Norton, etc.) and incorporate person-centered interventions for EVERY risk factor.

What can you do differently in your daily routine to maintain your residents' unbroken skin?

- Daily skin checks and report
- Check skin around medical devices: O2 tubing, TEDs, catheter
- Lift, do not drag
- Monitor intake of food and fluids
- DO NOT scrub the skin; Use gentle methods with peri care
- Use barrier creams (keep in easy reach for consistent use)
- Moisturize with lotions and creams in a.m. and p.m.
- Keep linens clean and wrinkle-free
- Use only one incontinence pad on a bed
- Restorative programs to keep resident's mobile. Teach "off-loading" in bed or WC as able
- Specialty mattresses: Use breathable incontinence pad
- Ensure proper fitting clothing, shoes, socks, briefs, etc.
- Use specialty devices that reduce pressure in wheelchairs, recliners and bed
- Increase incontinence management during new illnesses, such as diarrhea, urinary infection, flu and colds
- Consider leaving resident "open to air" (no briefs) in bed

Be extra alert to your high-risk residents that need special attention to skin and incontinence care.

Simple Strategies for Preventing Pressure Injuries