

Preventive Skin Care

Week 1

Objective To educate your staff on the typical seasonal increase of pressure injury during winter with a focus on pressure injury prevention.

First Discuss your facility's commitment to keep acquired pressure injuries at zero. Next, discuss why they think this happens each year? (Some answers can include flu, symptoms of depression, pneumonia, cardiac issues, and weight loss.) Ask why they think their answers put residents at risk for skin breakdown.

Review

- a. The facility's Pressure Free Goal of No Acquired Pressure injuries on their residents
- b. The plan for weekly prevention in-services
- c. The Pressure Points Poster
- d. The Pressure Free Zone wipe-off board for the number of days without an acquired pressure injury
- e. Update tracking chart for each unit.
- c. Toileting per individualized schedule
- d. Keeping skin moisturized
- e. Enhancing incontinence care with barrier creams
- f. Providing appropriate use of equipment to reduce friction and shearing (lifts, transfer boards, gait belts, etc.)
- g. Reporting resident changes immediately (eating, drinking, confusion, diarrhea, fever, coughing, wheezing, behaviors)
- h. Conducting daily skin assessment; focus on pressure points; report redness or discoloration immediately

Ask How can we do this?

- a. Turning and repositioning frequently
- b. Using pillows to float heels

Ask each participant what he/she can do differently in his/her daily routine to affect pressure injuries in his/her residents?

Emphasize Do what you do best — take great care of your residents, they depend on you.

Lesson Winter months show an increase in pressure injury. Preventive care is the key to ZERO acquired pressure injuries. Let us get in the Pressure Free Zone!

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Week 1: Pressure Points

- 1 Reposition frequently; use positioning devices to relieve pressure
- 2 Clean quickly after incontinence
- 3 Apply skin barrier creams and lotions
- 4 Toilet per resident's need
- 5 Keep linens clean and wrinkle-free
- 6 Check fit of wheelchairs, braces and splints
- 7 Check skin around and under oxygen tubing, GT sites, catheters, support stockings and casts
- 8 Inspect skin daily and report all suspicious areas
- 9 Provide appropriate assistance with transfer to prevent friction and shearing
- 10 Begin immediate preventive care when illness occurs (ex: diarrhea, fever, colds, flu)