

PERSONAL CARE CAN SAVE SOMEONE'S LIFE AND KEEP THEM COMFORTABLE.

It may or may not be serious, but it's best to check.

SIGN	COULD MEAN:
Bruising	vitamin deficiency, cancer, injury, pressure
Skin tears	risk of infection, injury
Dryness	dehydration, need for moisture, thyroid issue
Swelling	injury, heart failure
Soft heels	risk of skin breakdown
Open areas	illness, pressure, cuts
Blisters	shingles, illness, skin pressure
Lumps/bumps	infection, allergic reactions, cancer
Scratches	itchiness, long nails, irritation, scabies, insects
Skin color difference	lack of oxygen, infection
Hot or cold skin	fever, chills, thyroid problems
Hemorrhoids	risk of discomfort
Thick or long nails	fungus or cutting needed
Mouth sores	ulcers, illness, cancers
Teeth with tartar buildup	sore or broken teeth
Changed moles	cancer or normal changes
Red or sore tongue	illness, virus, vitamin deficiency
Dry mouth, cracked lips	dehydration

OR, THEY JUST DON'T LOOK RIGHT. **LET SOMEONE KNOW!**

This material was prepared by Health Quality Innovators (HQI), a Quality Innovation Network-Quality Improvement Organization (QIN-QIO) under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 125OW/HQI/QIN-QIO-0374-12/13/22

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REPORT THESE RISKS FOR UNPLANNED WEIGHTLOSS:

- Teeth hurt
- Dentures don't fit
- Coughing, choking while eating
- Needs help to eat and drink
- Eats less than half of offered food
- Doesn't like their food
- Trouble with utensils
- Complaints about appetite
- Sad or withdrawn, confused

WHAT SHOULD BE DONE?

- Ask the resident what is wrong or what they need
- Report information to nurse and dietitian
- Offer different foods and drinks
- Take time
- Help residents having trouble self-feeding
- Record intake
- Give oral care before and after meals
- Position well for feeding
- Weigh patients carefully, same time, same scales

REPORTING VITAL SIGNS

- Temperature 100 or more
- Heart Rate 100 or more
- Blood Pressure Under 100

IF VITAL SIGNS ARE ABNORMAL OR THE RESIDENT DOESN'T SEEM THE SAME AS USUAL: **REPORT**



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