

## Pressure injury risk factors:

- Advanced age
- Poor nutrition (not eating or drinking enough) & obesity
- Inability or decreased ability to move independently
- Inability to change or control body position
- Moisture (perspiration, loss of bowel or bladder control)
- Confusion or change in mental status
- Certain medications
- Use of various medical devices (catheters, O2 tubing)
- Decreased sensation or ability to feel
- Illnesses such as diabetes and circulatory diseases
- Previous pressure injuries

## Team approach

- A team approach will be included into the plan of care
- inclusion of:
  - ◆ patient/client
  - ◆ family
  - ◆ nursing staff
  - ◆ physicians
  - ◆ occupational therapy
  - ◆ dietician
  - ◆ social worker
  - ◆ physiotherapist



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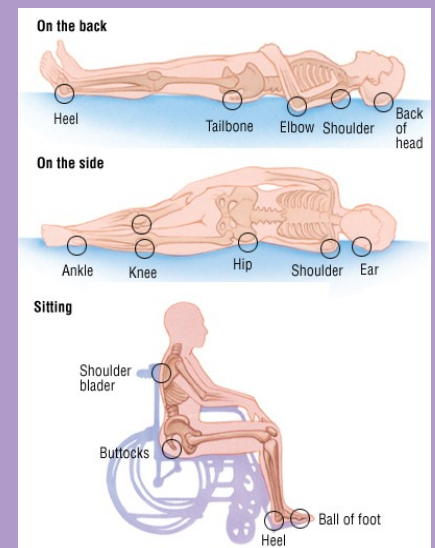
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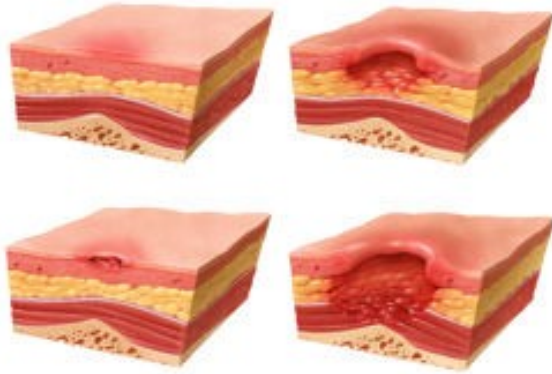


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## Preventing Pressure Injuries

### Information for Patients, Clients, Families and Caregivers





### A pressure injury is:

- An injury to the skin and tissue caused by unrelieved pressure, friction and/or shear on the skin for an extended period of time
- Also called bed sores, pressure sores and decubitus ulcers
- Usually found on the buttocks, hips, heels, elbows and shoulders. These body parts are under the most pressure when you are lying in bed or are sitting for long periods of time
- Most often found over “bony areas where our bones seem to stick out more or anywhere the skin is exposed to pressure

### Can pressure injuries be prevented?

While not all pressure injuries can be prevented, many can.

Implementing prevention strategies at an early time is essential. Prevention strategies should continue even if a pressure injury has been noted

### Importance of skin care

Skin care is one way to the prevent and/or manage pressure injuries.

Practice the following:

- Daily skin checks (redness or color changes, changes in skin temperature, broken skin, pain, discomfort, itching, swelling, drainage, odor)
- Keep skin clean, dry, and moisturized
- Use mild pH balanced cleansers for bathing and pat skin dry (avoid excessive rubbing)
- Bath water should be warm, not hot
- Do not massage or rub boney areas of the body

### Ensure adequate nutrition:

Adequate fluid, protein and calories are important for healthy skin.

Ask you healthcare provider to help determine the right diet for you.

### When to change positions:

- While in bed, every 2 hours
- While sitting, at least every hour
- If you can move independently , shift positions every 15 minutes while sitting
- Ask your healthcare provider about devices to help increase mobility and decrease pressure
- Never use doughnut shaped chair cushions

