

## WHY AM I GETTING THIS INFORMATION?

You are at risk for developing a pressure injury or bedsore, or you experienced a pressure injury or bed sore in the **past**. Because of this, the hospital team invites you and your family to partner with us to prevent these injuries which **can** be prevented in most cases.

## WHAT IS A PRESSURE INJURY?

A pressure injury is a skin sore from pressure on the skin from not moving or shifting your weight for a prolonged period of time.

## HOW DOES A PRESSURE INJURY FORM?

Blood vessels supply oxygen and nutrients to every part of the body, including the skin. Too much pressure on the blood vessels, from not moving, can cause damage to your skin and surrounding tissue, from lack of blood flow. Skin can also be damaged from moving improperly. Friction from rubbing or dragging body parts against the sheets and from sliding down in the bed can also lead to skin and tissue damage.

## WHY IS THIS IMPORTANT?

Pressure injuries can happen **quickly**, and get worse **quickly** if they are not acted upon. Pressure injuries cause pain and they can become infected leading to serious, life threatening conditions. Pressure injuries can lead to staying in the hospital longer and require special wound care after discharge from the hospital.

## WHO GETS PRESSURE INJURIES?

You can be at risk if these situations relate to you:

- You are confined to bed or chair and unable to move yourself easily
- You have loss of feeling in your skin or you have poor circulation
- Your skin is frequently moist from sweat, urine or bowel movements
- You have poor nutrition
- You are not feeling well

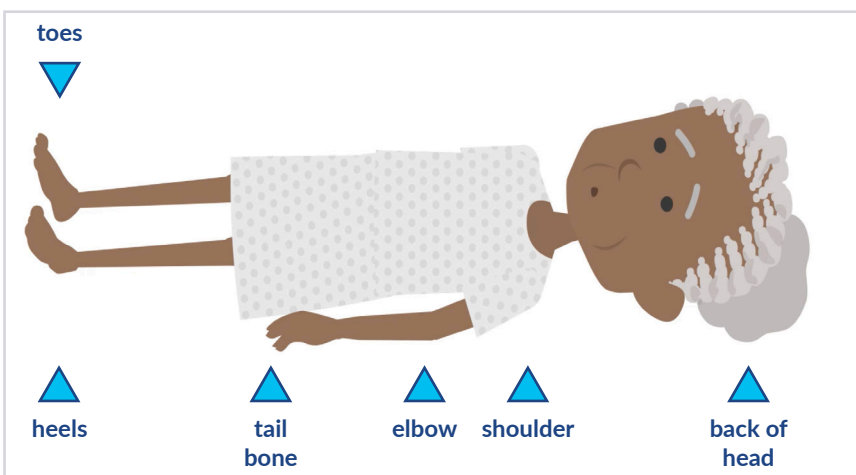
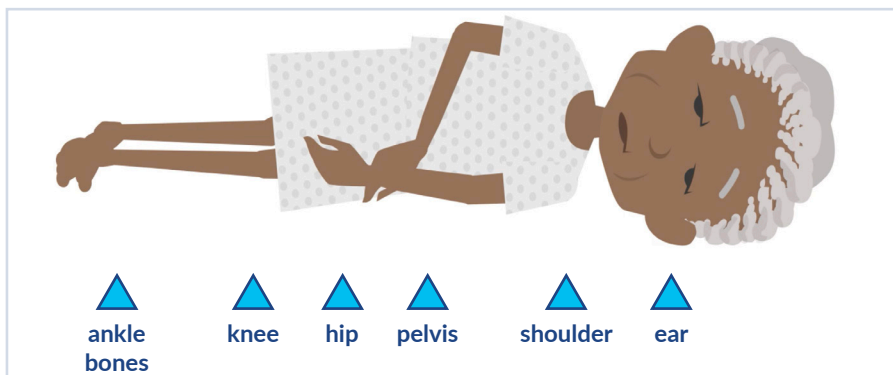
To learn how you can prevent a pressure injury, scan here:



## WHERE ON THE BODY DO PRESSURE INJURIES OCCUR?

Pressure injuries occur on bony parts of the body or under medical devices that touch the skin. The most common body parts affected for hospital patients are the tail bone/buttocks region and heels. Pressure injuries are also common around medical devices like oxygen tubing and masks.

### PRESSURE POINTS: SIDE LAYING, LYING ON YOUR BACK, AND SITTING IN A CHAIR



## HOW CAN YOU SAVE YOUR SKIN?

It's pretty simple, yet so important.

### Keep your skin healthy

- Check for **redness** frequently and try to avoid sitting or laying on a red skin area
- Keep your skin **clean, dry** and **moisturized**
- Don't rub or scratch your skin, protect it with skin protectors & natural fiber clothing
- Keep the sheets and your clothing smooth and not bunched up

### Listen to your body and keep moving

- Get up and **get out of bed** as much as you can. Sit in a chair for meals, walk to the bathroom
- **When you feel discomfort** or pain from your bones pressing against the mattress or seat cushion, that's a signal to **move** and **reposition yourself**
- **Regularly change your position.** Use the "overhead trapeze or grab bar" to scoot up in bed. Minimize dragging your bottom, heels and elbows across the sheets.
- Speak up if pain or discomfort is getting in the way of your movement

### Look after your insides

- **Drink more** to stay hydrated
- **Eat enough** to keep up your energy and healing, **even if you don't feel like it.** Try protein shakes or oral supplements

## HOW CAN YOU OR YOUR CARE PARTNER HELP THE STAFF SAVE YOUR SKIN?

You can use this checklist to make sure all systems are GO for Pressure Injury Prevention.

### SUPPORT SURFACE OR MATTRESS:

#### If the equipment is made of foam:

- Cover is intact
- Foam is flat and smooth
  - If the cover is ripped or torn
  - If there is a permanent dip in the foam

— TELL US!

#### If the equipment is air-based:

- Cover is intact
- Equipment is inflated
- You cannot hear the alarm
  - If the cover is ripped or torn
  - If the equipment is not inflating
  - If the alarm is sounding

— TELL US!

### SKIN INSPECTION:

Check all the areas listed

- Skin is not discoloured, broken or painful
- Pressure injury or protective foam dressing is dry and intact
  - If skin is discoloured, broken or painful
  - If pressure ulcer dressing or protective foam dressing is wet or falling off

— TELL US!

### KEEP MOVING:

- Position changed according to care plan
- Get out of bed as much as possible
  - Individual hasn't changed position/gotten out of bed within recommended time plan
  - If pain is making it hard for you to move according to the plan
  - If it would be helpful to have equipment like an overhead trapeze to help you move in bed

— TELL US!

### INCONTINENCE:

- Skin washed and dried at least daily and when visibly soiled
- Barrier preparation applied
- Well-fitting incontinence products or equipment are used
  - Skin not clean and dry
  - Barrier cream is not applied or not available
  - Incontinence products or equipment are not working or are not available

— TELL US!

### NUTRITION/HYDRATION:

- Drink taken
- Food taken
- Supplement drink taken (if prescribed)
  - If the patient has reduced fluid intake for 24 hours
  - If the patient has a reduced appetite for three 3 days

— TELL US!

**PATIENT & FAMILY CAREGIVER SKIN CARE CHECKLIST**

**PATIENT NAME:** \_\_\_\_\_ **ROOM #:** \_\_\_\_\_

**NAME OF FAMILY/CAREGIVER PARTNERS:** \_\_\_\_\_

**INSTRUCTIONS:** Use a check to indicate criteria met. Immediately notify the nurse if any concerns are noted. Use a NA for not applicable.

SAVE OUR SKIN: PATIENT INFORMATIONAL

Date:							
Time:							
<b>SURFACE</b>							
Mattress							
Cushion							
Other							
<b>SKIN INSPECTION</b>							
Right hip							
Left hip							
Right heel							
Left heel							
Right ankle							
Left ankle							
Base of spine							
Right elbow							
Left elbow							
Right buttock							
Left buttock							
Other							
<b>KEEP MOVING</b>							
Position changed							
<b>INCONTINENCE</b>							
Skin cleansed							
Barrier preparation							
Incontinence product/equipment							
<b>NUTRITION &amp; HYDRATION</b>							
Food taken							
Drink taken							
Supplement							
<b>INITIALS</b>							