

HEART BEATS



PRESSURE ULCER AWARENESS



How You Can Help Reduce Pressure Ulcers

- Focus on pressure ulcer prevention as a part of your organization's culture.
- Provide consistent education to staff, residents and families about pressure ulcer prevention.
- Complete a head to toe skin assessment at time of admission using a valid assessment tool, e.g Braden, Norton Scales.
- Establish a process for communicating risk for and/or actual skin breakdown to nursing staff, activities, dietary, rehabilitative services and other involved parties at time of admission.
- Provide systematic daily skin inspections of all residents at risk with documentation and involve licensed nurses in this process.
- Act on adverse findings immediately.
- Prioritize nutritional assessments and provide nutritional supplements to assist with prevention and healing.
- Individualize positioning/re-positioning programs, mobility and exercise programs.
- Practice proper transfer techniques, reduce friction and shearing.
- Provide pressure relieving support surfaces.
- Decrease skin exposure to moisture from incontinence, perspiration or wound drainage.
- Incorporate all of the above into the resident's plan of care at time of admission and as needed.
- Involve the Medical Director in developing wound care protocols and a wound care product formulary.



ILLINOIS FOUNDATION FOR
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