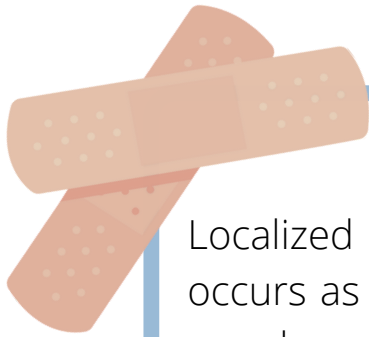


Skin Care



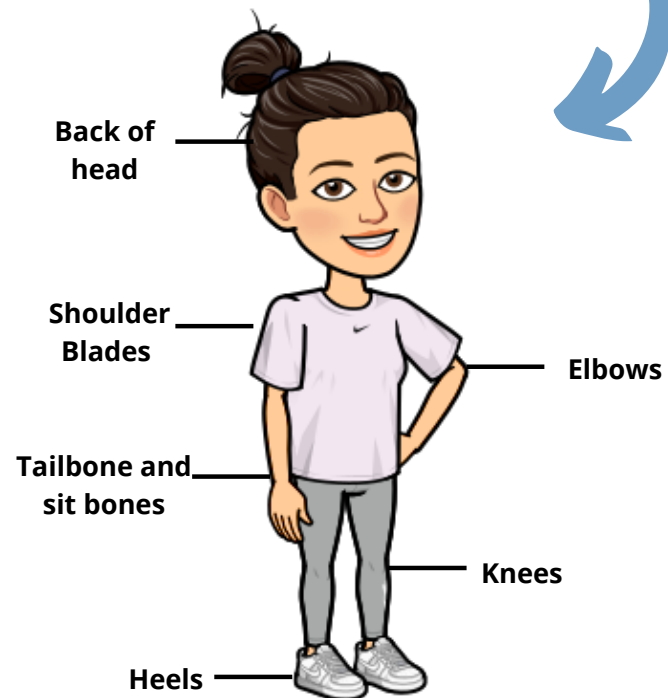
PRESSURE INJURIES

Localized damage to the skin and underlying tissue that occurs as a result of prolonged pressure and/or shear. This may be painful and can present as intact skin or an open wound.

COMMON SITES OF PRESSURE INJURIES

RISK FACTORS

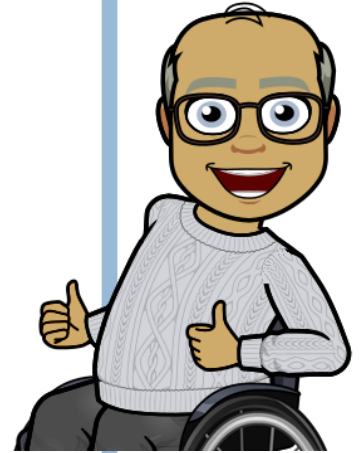
- Prolonged pressure on a body part
- Reduced mobility
- Prolonged time in one position
- Skin exposure to moisture (sweat and fluids)
- Older age
- Lack of hydration
- Inadequate protein intake
- Exposure to friction or shear
- Smoking
- Diabetes



Skin Care

PREVENTION

- Routine skin checks (see below)
- Frequent mobilization and padding to remove pressure from bony areas
- Place a pillow under calves when lying on back to keep heels off of bed
- Frequent weight shifts in wheelchairs
- Proper nutrition with adequate protein to help skin heal
- Adequate hydration to keep skin soft and pliable
- Keep skin clean with soap and warm water
- Avoid prolonged sun exposure
- Wear properly fitting clothing



SKIN CHECKS

Skin inspections should be performed every morning and night with at risk population to look for:

- Change in colour
- Change in softness or firmness
- Hot or cold areas
- Broken skin, blisters or fluid leakage
- Pain or swelling
- Perform a **blanching test** by pressing on an area with your finger, the area should go white then return to previous colour when pressure is removed

