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**ACT: Awareness, Clarity, Turnaround**

# **SKIN BREAKDOWN AND PRESSURE WOUNDS**

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**Kelly Sturgeon**

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# HEALTHY SKIN

- **Our skin is the largest organ and protects us from infections**
- **Keeping our residents skin healthy is a daily commitment because elders often have frail skin that can breakdown quickly.**
- **Use warm, not hot, water with mild soap to clean then gently pat dry and apply lotion.**
- **Good nutrition and hydration help skin to stay healthy.**
- **Use sun screen/hats for residents spending time outdoors.**



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## **Pressure Wounds Overview**

**Our care setting is PROHIBITED from admitting or retaining residents who have pressure wounds that are staged passed a 2 — example to follow.**

**The ONLY exception to this regulation is we can admit or retain residents with pressure wounds staged beyond a 2 if the resident is on hospice services and we are able to care**

**for and meet the needs of the resident and our other residents.**

**What to do if we see a NEW resident has a possible pressure wound: report your observations during your shift. Do not delay. Look under folds of skin, especially around pressure areas. Residents with pressure wounds must get treatment from a nurse or physician.**

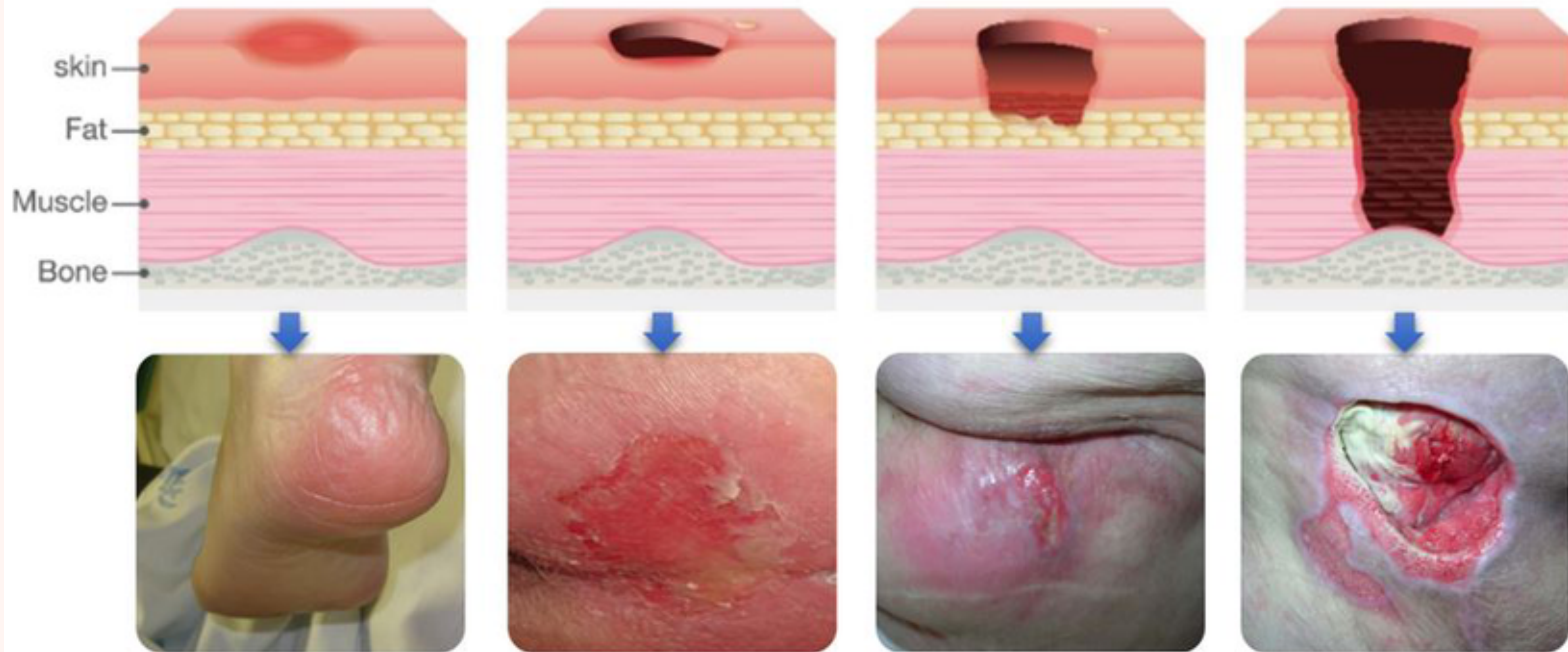
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**STAGE 1**

**STAGE 2**

**STAGE 3**

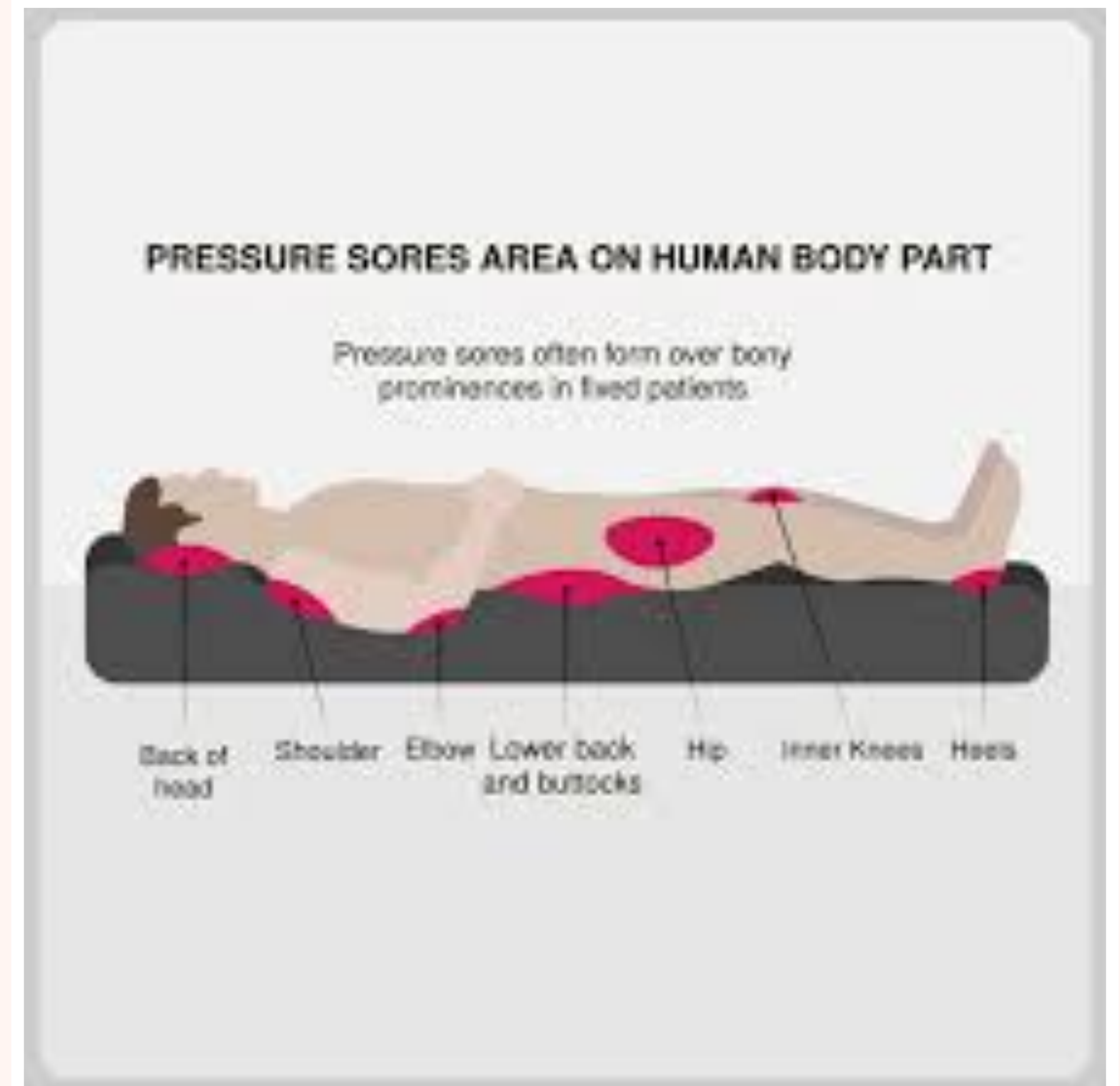
**STAGE 4**



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# HOW PRESSURE WOUNDS DEVELOP

**Pressure wounds result from long periods of repeated pressure applied to the skin, soft tissue, muscle, and bone. In pressure ulcers, the external pressure exceeds capillary closing pressure. This means that blood flow is impaired leading to cell death.**



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## **Observing, monitoring and reporting**

- 1. Observe skin closely during bathing, and daily care. Look for: reddened areas, raised, swollen, itchy, blisters, painful to touch, bleeding, open skin, discoloration, odor.**
- 2. Report skin condition during your shift verbally to Administrator or by message.**
- 3. Share your observations with the next shift.**

**4. The resident's doctor will get a detailed report and family will be notified.**

**5. Follow-up with skin care instructions, monitor for improvement or worsening of condition, and ask questions. I LOVE QUESTIONS ABOUT SKIN.**

**6. Hospice: Report changes in skin condition to hospice case manager and Administrator. Follow nurse instructions for skin care.**

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