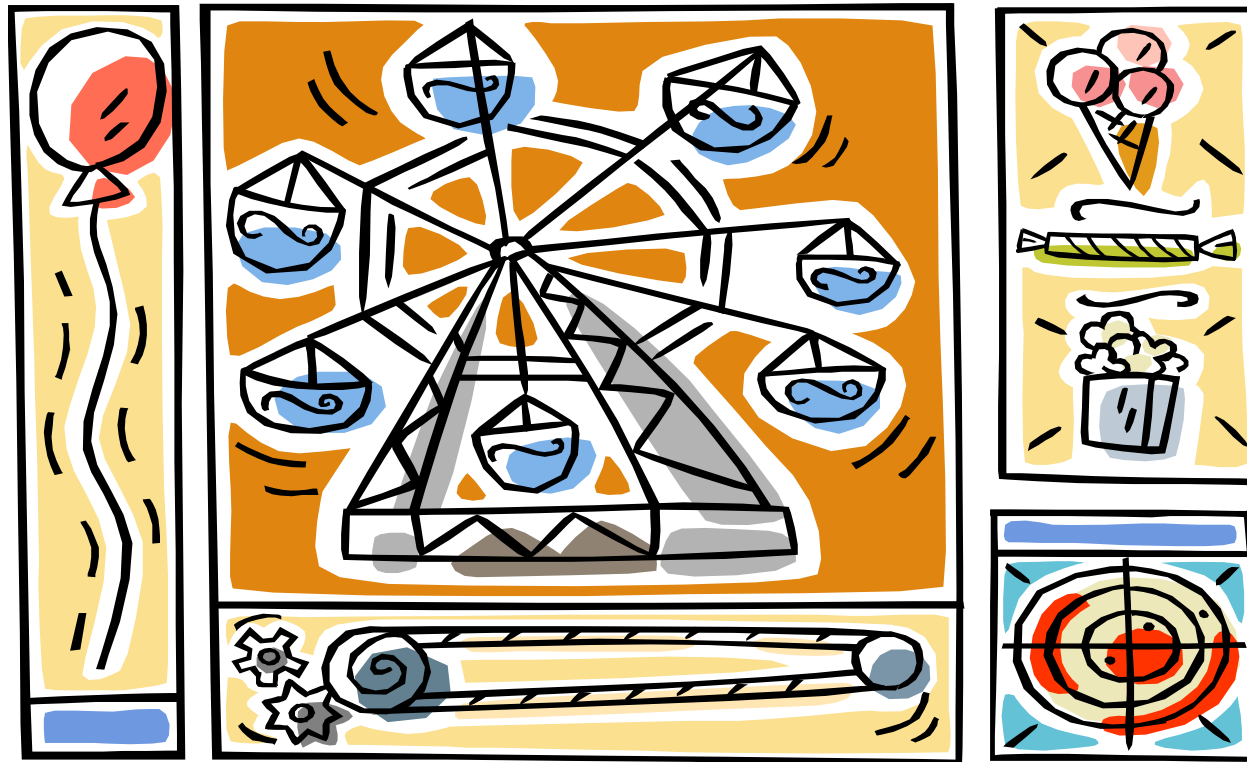


# Meet me at the Skin Care Fair



Jeri Ann Lundgren, RN, CWS, CWCN

# Front Line of Defense for Pressure Ulcers



**WE  
WILL**

**PREVENT PRESSURE ULCERS.  
KNOW THE FACTS. TAKE ACTION.**

# What Is the Skin Care Fair?

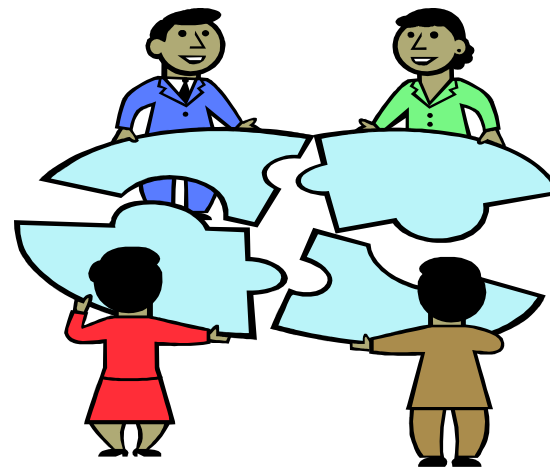


- A pressure ulcer prevention in-service with hands on activities that are fun!
- Each activity covers one of the Braden Scale risk factors for pressure ulcers and includes a lesson learned from *The Daily Post*
- Designed for the CNAs and direct staff. Use as a train the trainer activity for nurses.

# Tools



- Skin Care Fair PowerPoint
- Skin Care Fair Instructions with inventory list of required supplies



# Skin Care Fair



- 3 Categories of Activities:
  - Oh, My Precious Epidermis: Hands on Activities
  - *Terrors of the Deep*: View the stages of pressure ulcers
  - Solving the Puzzle of The Braden Scale

# Pressure Ulcers



- **A Pressure Ulcer is localized injury to the skin and/or underlying tissue usually over a bony prominence, or pressure in combination with shear and/or friction**

# Oh, My Precious Epidermis



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# The Barren Desert





# The Daily Post



- Protect Dry Skin which can lead to friction injuries and skin tears
- Use moisturizers frequently and as often as necessary
- Always be on the look-out for skin changes

# Fragile: Handle with Care



# The Daily Post



- Be cautious when changing incontinent products, bandages, or even their clothes
- Your elder's skin is very fragile and can tear easily

# The Barrier Reef



# Barrier Reef Exercise

*See the water beading up on Right hand?*



# The Daily Post



- Use a moisture barrier to help protect the skin from stool and urine.
- Barrier creams and ointments only work if they are applied, and applied correctly (don't vigorously scrub the skin)
- Clear ointments for intact healthy skin and paste ointments for irritated/macerated skin
- These creams can be the first line of defense for your elder to stop a pressure ulcer before it develops

# YOU'RE TEARING ME APART



## *Exercise 4*

# The Daily Post



- Simple movements, such as turning or lifting, can create friction and shearing, which can injure the skin.
- To move and reposition residents, use lifting devices and draw sheets. Avoid dragging.



# Beef, It's what's for Dinner



# Taster's Choice



175

176

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# Treasure Hunt



*Exercise 5*

# Treasure Hunt

*the picture on the right is view from glasses  
with petroleum*



*Seeing through the resident's eyes*

# The Daily Post



- Poor nutrition is a risk factor in developing a pressure ulcer.
- Assist residents to eat as necessary.
- Notify the nurse if there is a decline or change in a resident's eating habits.
- Choose supplements that are tasty
- Consider choice in dining as a strategy to increase weight.

# Between a Rock and a Hard Place – Can You Handle the Pressure



# The Princess and the Pea



## *Exercise 6*

# The Daily Post



- Use support surfaces on beds and chairs to reduce pressure.
- The goal of a support surface is to evenly distribute body weight
- Avoid donuts.



# Dorothy's Shoes

Lions and  
Tigers and  
Bears

Oh MY!

There's No Place Like Home



Pressure and  
Blisters and  
Objects  
Oh My!



# The Daily Post



- Always be on the lookout for anything that could create pressure on the skin, including the feet.

# Mom, Your Squeezing Me TOO Tight!!



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# The Daily Post



- Tissue damage can occur within a short period of time with high-intensity pressure (Bryant, 1992).
- Actions that minimize pressure, such as pressure reduction support surfaces in the bed and wheelchair, using pillows and wedges between bony prominences, heel elevation and timely turning and repositioning will help prevent pressure ulcers.

# Kick Your Heels Up!



# Heel Floatation



**WE  
WILL**

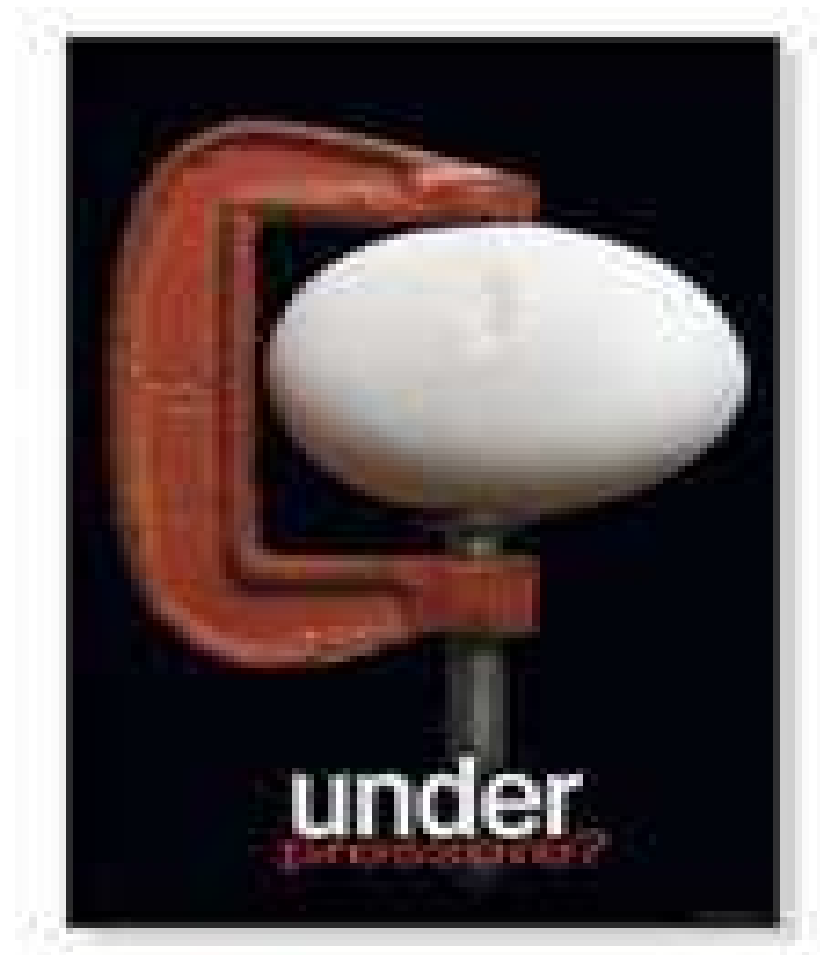
**PREVENT PRESSURE ULCERS.  
KNOW THE FACTS. TAKE ACTION.**

# The Daily Post



- Heels are especially vulnerable to the effects of pressure, even on a good support surface.
- Heel elevation will help prevent pressure ulcers to the heels.
- Tip: On daily rounds monitor to ensure heels are off on the beds and equipment is being used appropriately.

# Under Pressure



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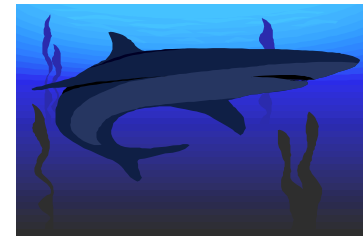


# The Daily Post



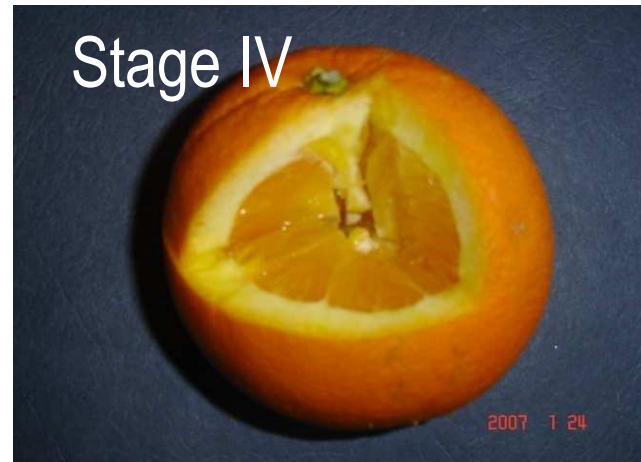
- **Pressure** is the primary cause of pressure ulcers and an effective turning and repositioning program is an effective way to prevent pressure ulcers.
- A **tissue tolerance** assessment is an effective way to individualize the resident's turning and repositioning interval.
- Effective **Off-loading** (for at least a minute) if they are going back into the same position is also helpful, but doesn't always mean it is comfortable.
- Implementation of a turning and repositioning program is the key and effective monitoring of this by ALL staff can ensure its success.

# *Terrors of the Deep*



## *Exercise 8*

# *Terrors of the Deep*



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# Pressure Ulcer Assessment



- Stage I
- Stage II
- Stage III
- Stage IV
- DTI (Deep Tissue Injury)
- Unstageable

# Solving the Puzzle

of  
The Braden Scale

