

Use SKIN to manage & prevent pressure damage

S Surface	 Mattress type can relieve pressure areas	 Check cushions: Some don't relieve pressure	 Check equipment integrity	 Use specialist equipment when needed
S Skin inspection	 Dry/cracked skin = moisturise & hydrate Oedematous skin = consider elevation Consider nutrition for wound healing Appropriate dressing for open wounds	 Inspection everyday Keeps pressure ulcers away Ask: Do you have pain over pressure areas?	 Swelling Hot & cold areas Hard skin Fluid in tissue Blisters Red areas light skinned Purple patches dark skin	 Buttocks Elbows Sacrum Trochanter (hips) Spine/shoulders Heels Occipital area (back of head) Toes
K Keep moving	 Encourage movement Walking relieves pressure Sitting up helps Get dressed	 If at risk or you have a Pressure ulcer -> 2 hour turns helps blood flow & helps relieve pressure	 Correct sitting & lying positions Educate how often to move	 Keep on the go with flo Florence the Flamingo (FLogo) Relieve pressure
i Incontinence/moisture	 Barrier creams seal out wetness	 Water Pressure Skin breaker	 Barrier Protection & Soothing Moisturising & cleansing Deodorising-fresh Antibacterial-Kills germs	 Prevent cracks Love Your Skin
N Nutrition/hydration	 Healthy diet = speeds up healing process	 Monitor food & fluid intake- consider Dietician	 1. Height, weight & BMI 2. % unplanned weight loss 3. Establish acute disease effect 4. Malnutrition score	 Over weight • Less mobile = pressure • Deep skin folds • Skin necrosis Underweight • Thin skin = abrasions • Boney areas prominent • Poor nutrition