

## PRESSURE INJURY PREVENTION

*Need to Knows provide older adults and their families with important information to enhance their hospital or nursing home stays. Communication and teamwork are important aspects of high-quality healthcare. The individual, family, and caregivers are vital members of the team.*

A pressure injury is localized damage to the skin and underlying soft tissue usually over a bony prominence or related to a medical device. The injury can present as intact skin or an open ulcer and may be painful. The injury occurs as a result of intense and/or prolonged pressure or pressure in combination with shear.

Pressure injuries can cause pain, infection, immobility, poor outcomes, and prolonged recovery.

### **What you and your family can do:**

Change position at least every two hours to relieve pressure. Shift weight every 30 minutes when seated.

Inspect your skin at least once a day.

Keep skin clean and dry; moisturize extremely dry patches.

Tell your nurse or other healthcare team member if you develop reddened, purple, or sore areas.

Do not rub or massage skin over reddened, purple, or sore areas.

Clean and dry your skin immediately if soiled by urine, stool, or excessive sweating.

Use pillows to pad areas between knees or cushion other boney areas.

Avoid sitting on donut-shaped cushions.