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| SUBJECT: PREVENTIVE SKIN CARE | | | | NO. | |
| POLICY:  It is the practice of the facility to provide preventive skin care through careful washing, rinsing and drying to keep residents clean, comfortable, well-groomed and free from pressure sores.  PROCEDURE:   1. Good skin care is provided by staff on each shift and as necessary. 2. After thoroughly cleansing the area, lotion is applied to pressure areas and bony prominences as needed. Use incontinence skin barriers per formulary. 3. Residents identified as being at high risk for potential breakdown shall be turned and repositioned every two hours or per plan of care. 4. Pressure reduction mattresses are used on all beds. 5. Alternating pressure / low air loss beds may be used on those residents identified as being high risk for potential breakdown. 6. Pressure reduction cushions may be used in wheelchairs, if appropriate. 7. Sheepskin, pillows or other pressure reducing devices may be used between two skin surfaces or to slightly elevate bony prominences / pressure areas off the mattress. 8. Pressure reducing heal boots may be used to protect heels on those residents identified to be high risk. 9. Pillows may be used under ankles to prevent potential pressure sores on those residents identified to be high risk. 10. Teach the resident about skin care. Make them aware of the causes of pressure ulcers and have them participate in prevention. 11. Ensure proper fit of wheelchairs, braces and prosthesis. Wheelchairs will be inspected monthly and as needed to ensure proper fit and to ensure that they are in good repair. 12. Provide good nutrition and adequate hydration.     1. Nursing assistants are to report decreased food or fluid intake to the nurse who will evaluate and contact the physician if indicated.     2. Make fluids available to the residents and offer them frequently.     3. Monitor weight monthly; more frequently if indicated. 13. Practice great care in moving and lifting residents. 14. Prevent the shearing force. 15. Prevent pulling residents across the sheets. 16. Avoid scratches, bruises and skin irritation. 17. Maintain wrinkle-free, clean, dry bed linen. 18. Encourage resident activity, when feasible. Use repositioning techniques and range-of-motion exercises when indicated. 19. Bowel and bladder retraining may be essential. Keep incontinent residents clean and dry. 20. Keep the resident’s fingernails and toenails short and smooth to prevent them from accidentally scratching themselves. | | | | | |
| Approved: | Effective Date:  7/2007 | Revision Date:  6/2014 | Change No.: | | Page:  1 of 1 |