

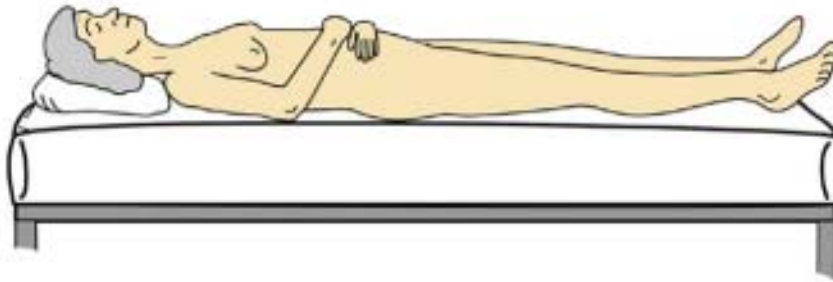
How to Identify & Prevent Pressure Ulcers

Circle "T" for **TRUE** or "F" for **FALSE**.

- 1.) T F A pressure ulcer is a **sore caused by constant pressure** to the skin and the underlying tissue.
- 2.) T F The "pressure" keeps the blood from flowing to the area, leading to tissue death, and a pressure ulcer forms.
- 3.) T F The pressure comes from outside the body. It might be from a mattress or wheel chair.
- 4.) T F A resident's skin only needs to be checked once a week.
- 5.) T F Encouraging a resident to eat their food can help prevent pressure ulcers from developing.
- 6.) T F A Stage 1 pressure ulcer is an area of skin that looks noticeably different than the surrounding area. It may be red, or for resident's with darker skin, the area may just be darker, or have a blue, purple, or grayish color.

Circle the areas where you are **most likely to find** a pressure ulcer. (Circle at least four places on each drawing.)

7.)



- 8.) Place a "" next to those "risk factors" that make a resident more likely to get a pressure ulcer:

<input type="checkbox"/> Incontinence	<input type="checkbox"/> Trouble communicating with others
<input type="checkbox"/> Not able to move without help	<input type="checkbox"/> Not able to feel pain
<input type="checkbox"/> Lost weight without trying	<input type="checkbox"/> Not able to tell you something hurts
<input type="checkbox"/> Falls down all of the time	<input type="checkbox"/> Trouble eating enough food
- 9.) Place a "" next to those things you can do to help prevent pressure ulcer:

<input type="checkbox"/> Help/remind a resident to shift their weight
<input type="checkbox"/> Encourage a resident to eat their food and drink their water
<input type="checkbox"/> Clean and moisturize the skin
<input type="checkbox"/> Turn those residents that are on a turning schedule
<input type="checkbox"/> Use pillows to keep the heels and knees from rubbing together and to keep the heels from touching the bed
<input type="checkbox"/> Check the skin every time you change, bathe, help to the toilet, and/or dress the resident
- 10.) What do you do, if you see an area on the skin that needs to be checked?
