

How to Prevent Pressure Injuries Education Plan

Getting Ready to Learn About Pressure Injuries

Learning something new can be hard. It is even harder if you are not feeling well. The purpose of this education plan is for you and the staff to review this information together. Here are some good things to tell the staff:

- Who you want to learn with you. We would like to have someone who will be helping you at home learn with you.
- The best way for you to learn. Do you learn best by reading a book or pamphlet, or by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

This information is important to your health. We may explain something more than once. We will be giving you information in small bits over several days. If there is something you don't understand, *It's OK to Ask* us to explain.

What I Need to Learn About Pressure Injuries

By the time I leave the hospital I will be able to show or tell the staff:

1. The causes of skin breakdown
2. How to prevent pressure injuries
3. When to get medical care

The staff will use three questions to teach me about Pressure Injuries.

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show what I have learned. They want to make sure that I know about my medication and how to take it safely and correctly.

What is my main problem?

Lying in bed or sitting in a chair for long periods of time without changing position will put pressure on areas of my skin. This can lead to redness and possibly a break in the skin which will cause a skin sore or pressure injury.

What do I need to do?

I will be able to tell the staff the causes of skin breakdown.

- Not moving frequently
- Moist skin
- Poor nutrition

I will be able to tell the staff how to prevent pressure injuries.

- I will:
 - Check my skin every day.
 - Have a family member or caregiver check areas I cannot see.
 - Look for color changes, swelling, blisters, shiny areas, cracks and areas that feel warm.
 - Be sure to look at the areas where most pressure injuries occur. These are the bottom, heels, hips, and any other areas where the bones are close to the skin.
 - Put a cushion or padding on areas of my body that are bony and rest on a surface, such as elbows and heels.
 - When my elbows, heels or hips are resting on a surface, I will be sure the surface is soft.
 - If possible, I will keep my heels from resting on the bed by placing a pillow under my lower legs. If that is not possible then I will use padding under my heels to protect them.
 - Keep my skin clean and dry.
 - Get up and walk if possible.
 - Use soap and water to clean areas that become wet from urine, stool or sweat. Pat dry and use moisturizers or a moisture protective lotion.
- Eat a healthy diet. Skin needs protein and vitamins to stay healthy.
 - Eat at least 1 food that is rich in protein at each meal and snack.

- Foods rich in protein include meats, chicken, turkey, fish, eggs, beans, peas, and peanut butter.
- Dairy foods that are rich in protein include yogurt, cheese and milk.
- Eat 5 servings per day of fruits and vegetables.
- I can ask my doctor or dietitian if I need to take a standard multivitamin and mineral supplement.
- Be a healthy weight.
 - Eat foods that help me be at a healthy weight for me.
 - I can ask my doctor or dietitian what is a healthy weight for me.
 - If I am underweight, I can increase my diet by 250 to 500 calories per day.
 - If I have questions about diet, I can ask my doctor to refer me to a dietitian. I can schedule an appointment with a Bronson dietitian by calling 269-341-6860.
- I need to change my position frequently.
 - If I am in a chair, I can use the arms of the chair to lift my weight and change the way I am sitting frequently.
 - If I am in a bed, I will turn to my other side every 2 hours.
- I will not rub or massage the skin over a red or sore area.

I will be able to tell staff when to get medical care.

- I will call my doctor:
 - If I think a pressure injury has developed.
 - If I think my skin has increased redness, swelling or pain
 - If I have a temperature above 102 degrees F

Why is this important to me?

Pressure injuries or bed remove can cause pain, infection, loss of mobility and a poor recovery from other health conditions.

As part of my care and to help me understand How to prevent pressure injuries I may receive:

- [How to Prevent Pressure Injuries handout](#)

How to Prevent Pressure Injuries Education Plan

Resources

- [Lexicomp - Pressure Sores](#)
- [Lexicomp Online: Lexicomp Patient Education - How to Prevent Pressure s](#)
- [Lexicomp - Pressure Sores Discharge Instructions](#)

Teaching Tools

- [Lexicomp Online: Lexicomp Patient Education - How to Prevent Pressure s](#)
- [Lexicomp - Pressure Sores Discharge Instructions](#)

References Lexicomp
Mosby's Nursing Consult
Nicheprogram.org

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Always close each teaching session with the question, "What questions do you have for me?"

This page is intended for staff use only. Do not give to the patient.
This document is not a part of the permanent medical record.