



Proper position while on side



Head of bed elevation limited to 30 degrees or less

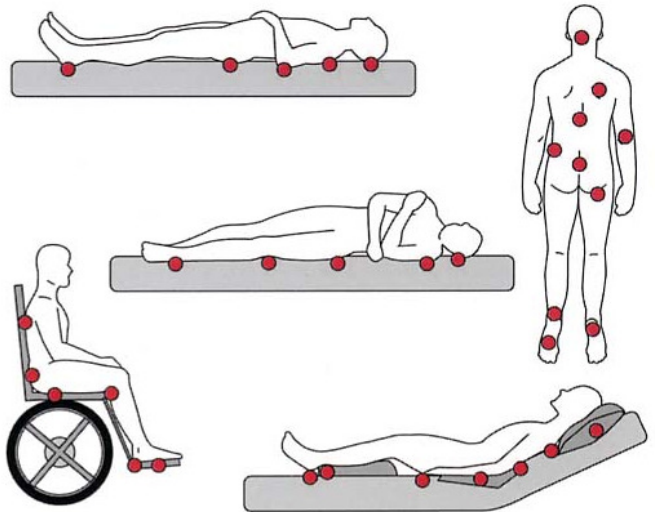
Proper heel placement

Pressure Ulcer Reduction Tips:

- Follow a written turning/positioning schedule
- Turn every two (2) hours in bed
- Use pressure reduction devices on bed, heels and chairs
- Use lift sheet or device to reduce shear and friction

Pressure Points

Red circles indicate pressure points.



Remember:

- Find out who's at risk
- Help patient eat right and drink fluids
- Make sure pressure is off the heels
- Remember to keep the skin dry
- Assess the skin daily
- Keep good records



This material was prepared by CFMC, the Medicare Quality Improvement Organization for Colorado, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. PM-2200-125 CO 2008