

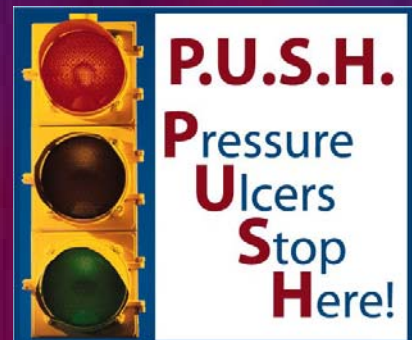
Stop The Pressure

The C.N.A's Role in Pressure Sore Prevention



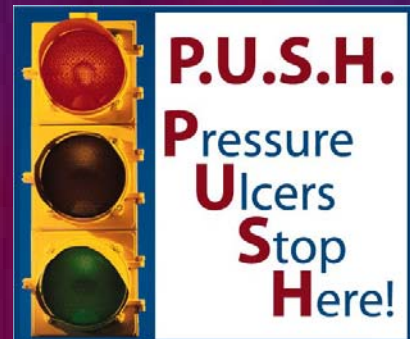
Who Is At Risk?

- All bed and chair bound residents
- Incontinent residents
- Residents with poor nutrition
- Residents with dementia/delirium



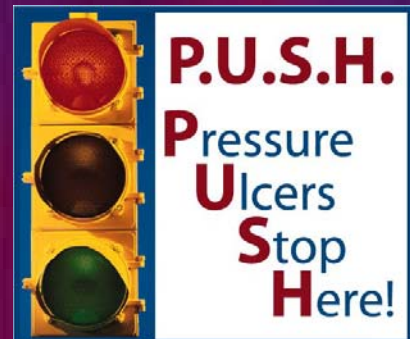
Taking Care of The Skin

- Check the skin every day and report findings immediately
- Individualize bath schedules- avoid excessive friction
- Incontinence care- prompt & thorough



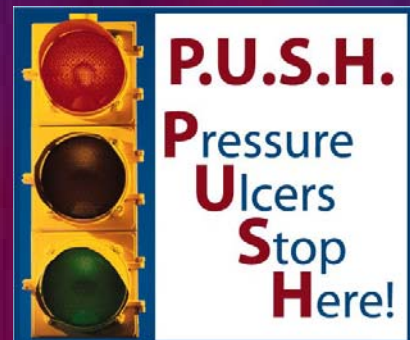
Taking Care of the Skin

- Use moisturizers for dry skin
- Avoid massaging over bony areas



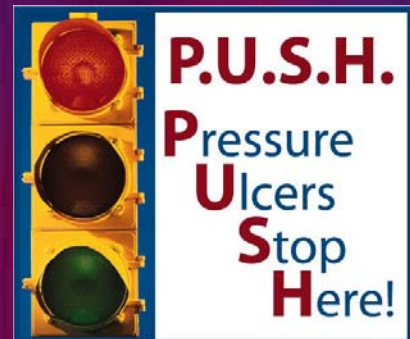
Stopping the Pressure!

- Change position at least every two hours while in bed and every hour when in a chair.
- Teach your resident to shift their weight every 15 minutes when up in a chair



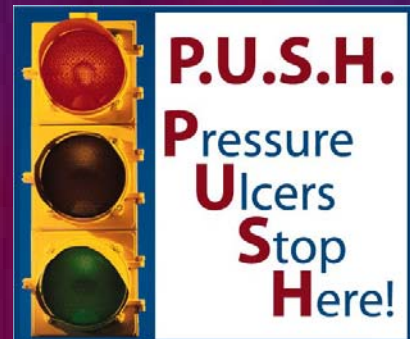
Stopping the Pressure!

- Keep to the turning schedule
- Check the alignment of the resident
- Never place a resident in a wheelchair without a pressure reducing cushion



Stopping the Pressure!

- Always have a pressure reducing mattress on high risk residents' beds.
- Keep the head of the bed as low as possible
- Avoid putting the resident directly on their trochanter when lying on their side.



Stopping the Pressure!

- Use pillows or wedges to help position and to keep bony areas from touching each other.
- Keep pressure off of the heels at all times.

