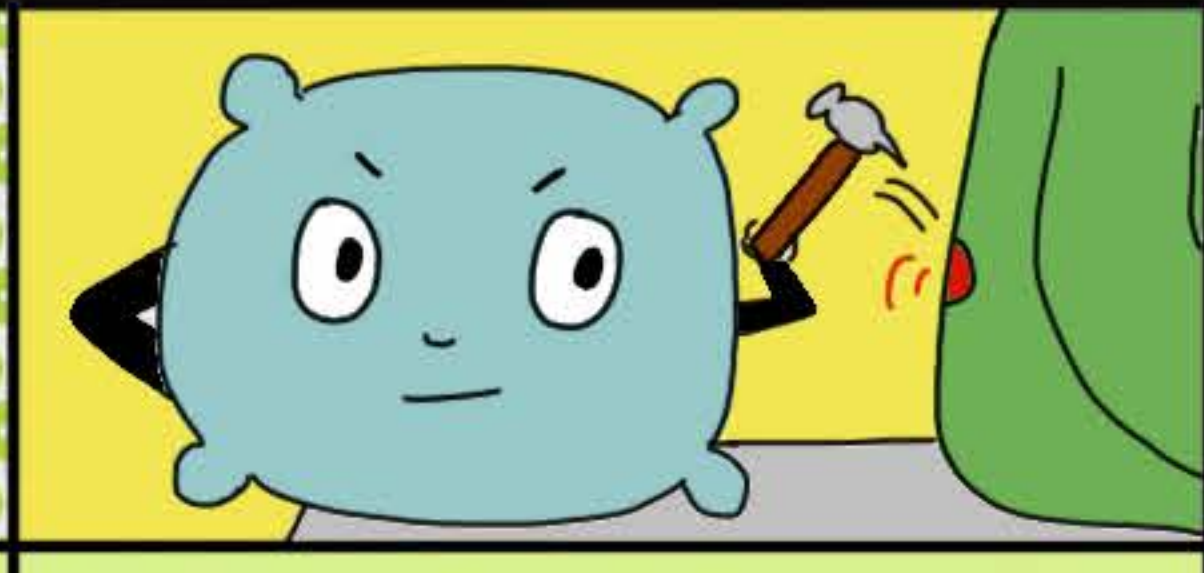


Use **SSKIN** to manage & prevent pressure damage

S Surface



Mattress type can relieve pressure areas



Check cushions: Some don't relieve pressure



Check equipment integrity

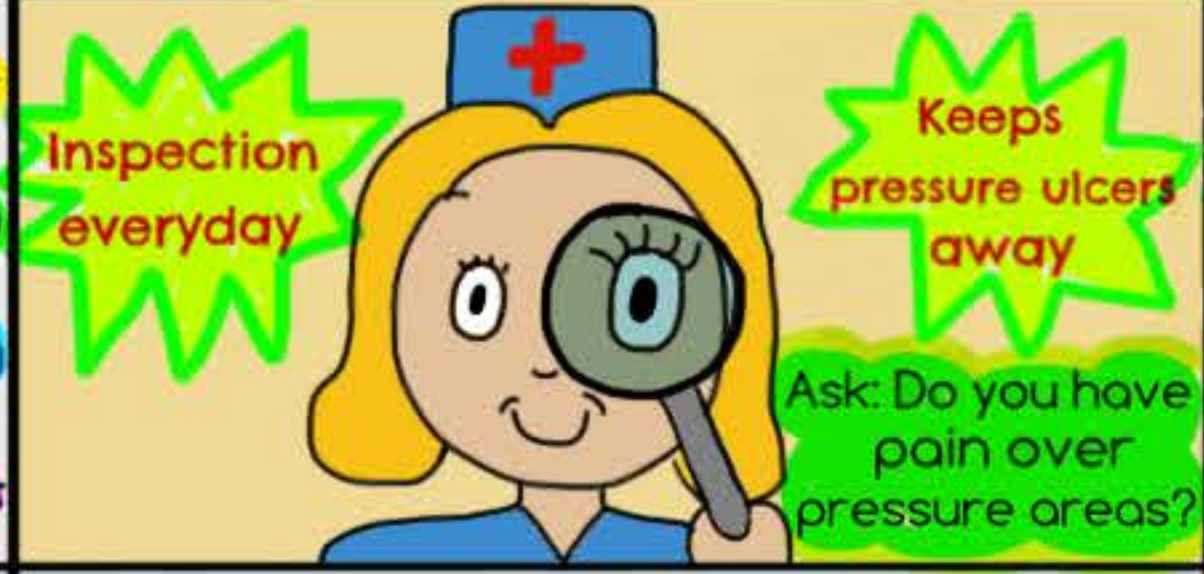


Use specialist equipment when needed

S Skin inspection



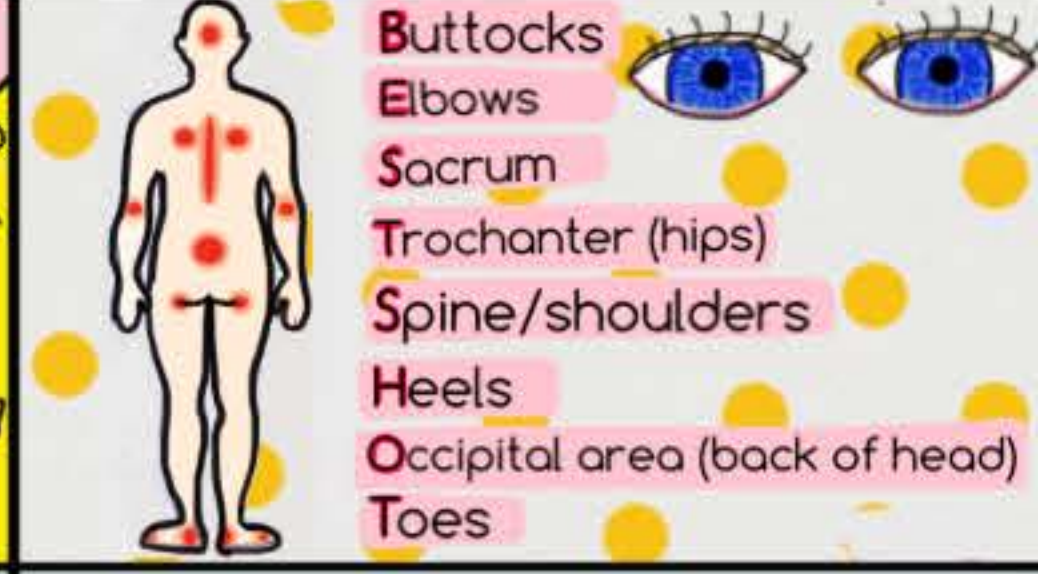
Early inspection = early detection



Full daily skin inspection



Educate on early signs of pressure damage

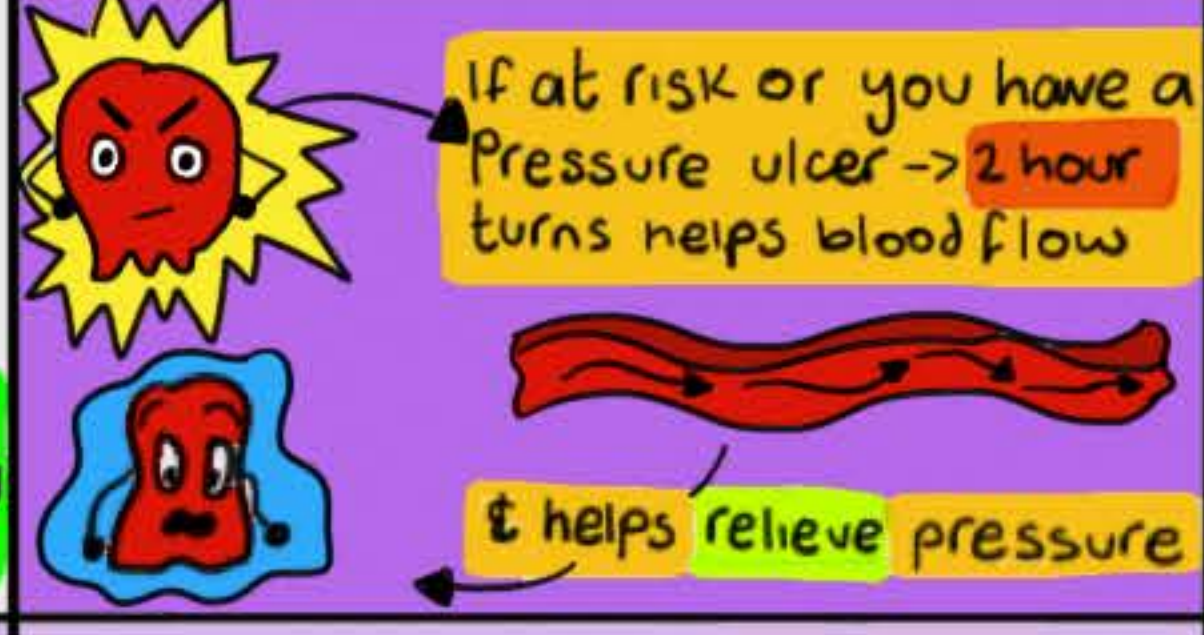


Check vulnerable areas - BEST SHOT

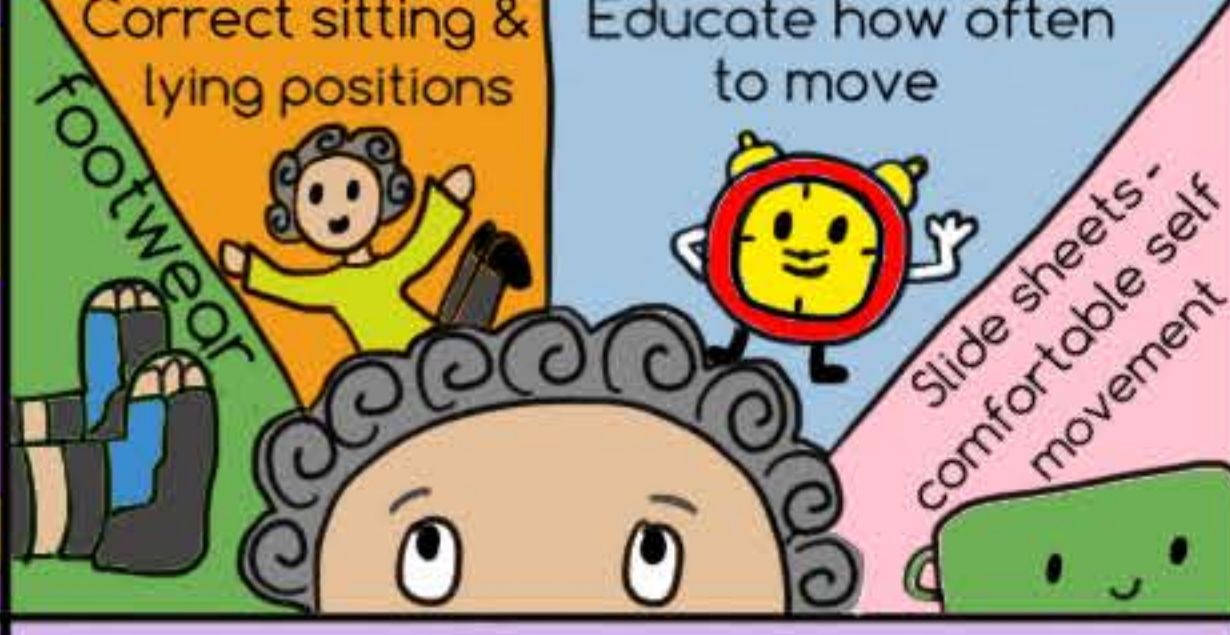
K Keep moving



Getting up, dressed & moving



Changing position every 2 hours

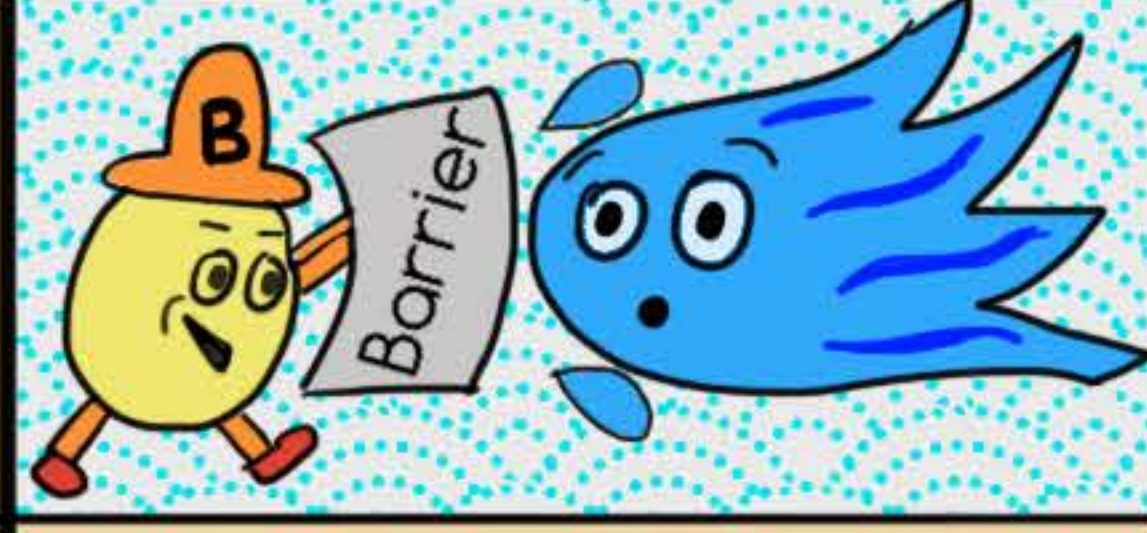


Encourage independent movement



95% of pressure ulcers are avoidable!

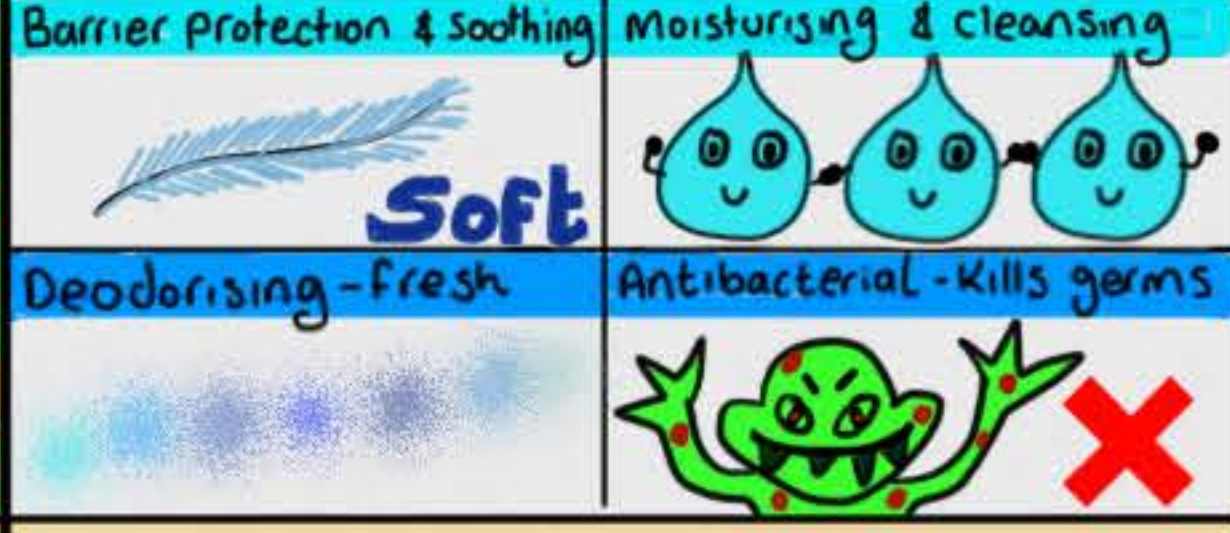
I Incontinence/moisture



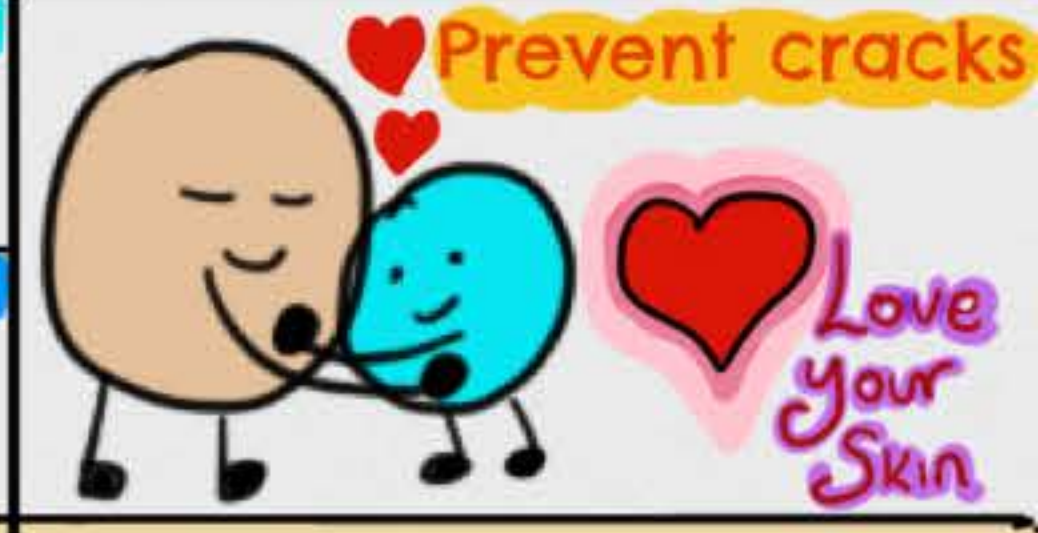
Barrier creams seal out wetness



Prevent moist weakened vulnerable skin

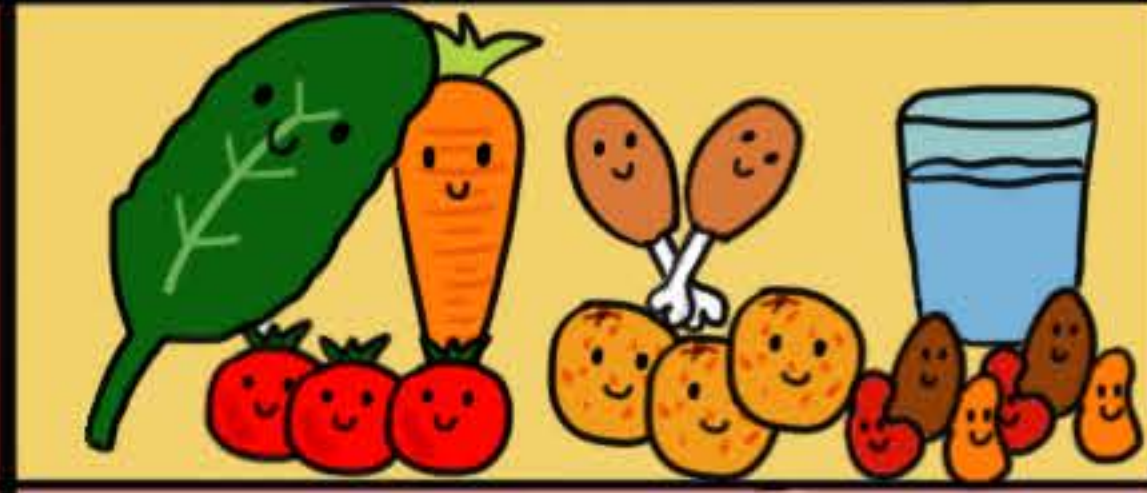


Contingence wipes for personal use

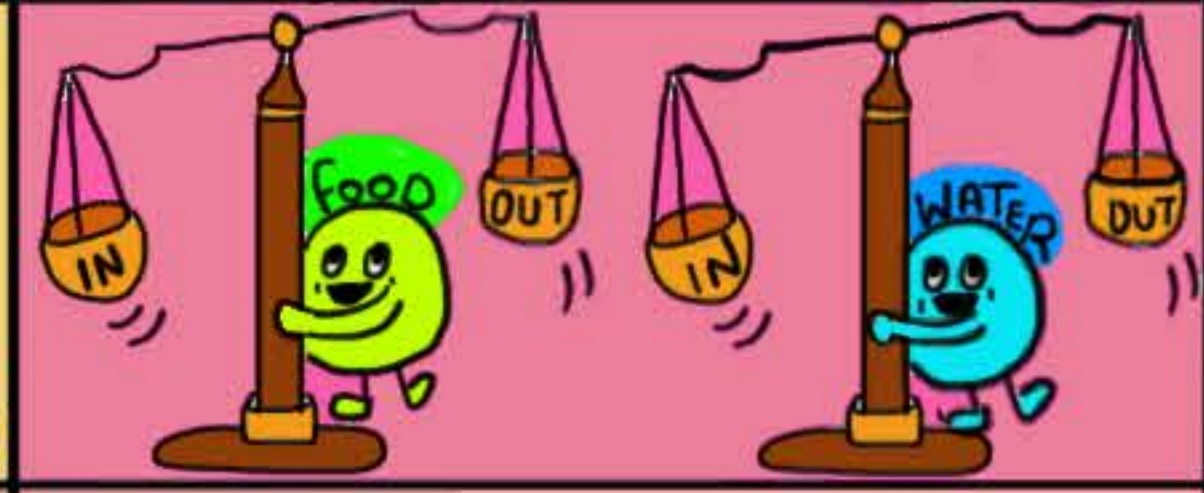


Emollients prevent skin dehydration

N Nutrition/hydration



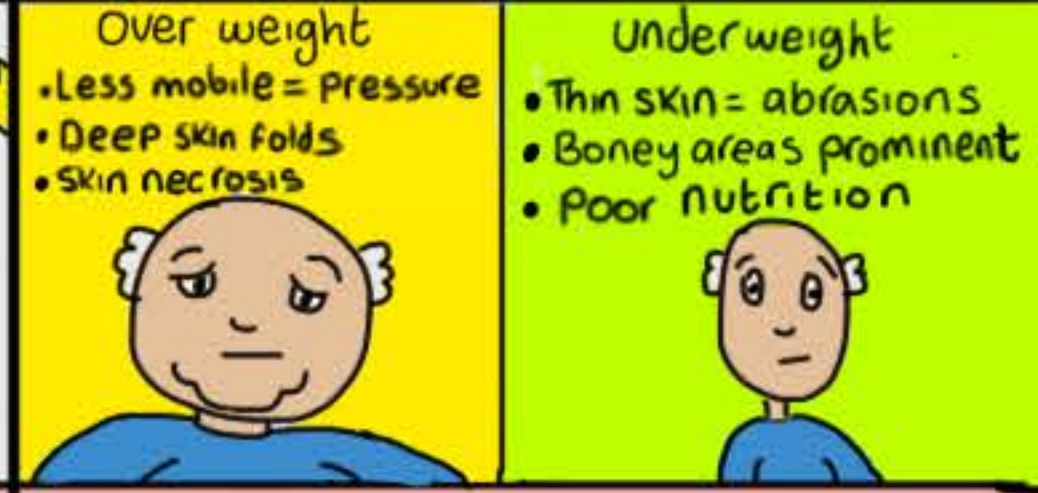
Healthy diet = speeds up healing process



Monitor food & fluid intake - consider Dietician



Complete MUST nutritional assessment



Weight extreme increases risk