

# WOUND CARE

Knowing how to identify and prevent pressure wounds, also known as pressure ulcers, is a vital part of every caregiver's toolkit. Sometimes called "Decubitus Ulcers," or more commonly, "Bed Sores," a pressure wound is an injury to the skin and underlying tissue.



## THERE ARE **TWO** MAIN CAUSES FOR PRESSURE WOUNDS:

- **PRESSURE** on one spot of the body for too long a time
  - Pressure occurs when a person is in one position for too long.
  - Pressure reduces blood flow, causing damage to skin & tissue.
- **FRICTION** on the skin
  - Friction occurs when skin is dragged across a surface

## TIPS TO PREVENT SKIN INJURIES:

- Staying Hydrated
- Position / Reposition
- Eating Healthy
- Inspect Bony Areas of the Body

## PAY EXTRA ATTENTION TO:

- Heels
- Ears
- Elbows
- Base of the Head

### Wheelchair Users

- Wheelchair users should shift every 15 minutes
- Seat cushions should be checked regularly
- Inspect the wheelchair daily

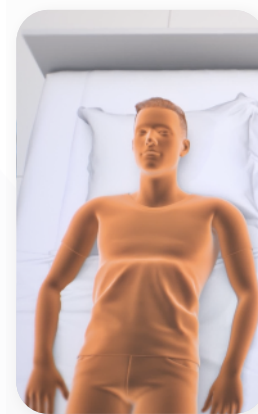
\*Heels, tailbone, and bottom are most at risk for shearing

## GOOD INFORMATION TO HAVE:

- Consult a trained healthcare professional when needed
- Keeping the skin dry & clean will help prevent skin damage
- Pressure wounds need to be treated
- Open sores require dressings & medications

## Topical Medications:

Gels, foams, liquid skin barriers, sealants, and wound drainage kits.



**Shearing:**  
Shearing wounds occur when forces moving in opposite directions are applied to the skin.

