



OANHSS

LTCHA Implementation
MEMBER SUPPORT PROJECT

Appendix H: Skin and Wound Care Program Training Presentation

Educational Resource for Front Line Staff and Families

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Ontario Association of Non-Profit Homes & Services for Seniors

7050 Weston Road, Suite 700, Woodbridge, Ontario L4L 8G7 (P) 905-851-8821 (F) 905-851-0744 www.oanhss.org

Outline

- Training Objectives
- Pressure Ulcer Warning Signs
- Pressure Ulcer Action Steps

Training Objectives

In the presentation you will learn to:

- Define Pressure Ulcers
- Identify the pressure ulcer warning signs
- Identify appropriate treatments based on warning signs
- Communicate and work with a team implement appropriate interventions

Pressure Ulcers

What is a Pressure Ulcer?

- Pressure ulcers: clinical manifestation of cellular death
- Develop when external pressure (the amount of force on the given area) is greater than the capillary perfusion pressure
- This results in tissue that does not receive perfusion (ischemia), becomes necrotic and dies
- Usually over a boney prominence (but can occur anywhere tissue is exposed to pressure)

Pressure Ulcers



Warning Signs

Warning Signs

Resident is subject to:

- ✓ incontinence
- ✓ heavy perspiration

Resident needs help with:

- ✓ moving arms, legs, or body
- ✓ turning in bed
- ✓ changing position when sitting

Pressure Ulcers



Warning Signs

Warning Signs

Resident:

- ✓ Has lost weight
- ✓ Eats less than half of meals and snacks served
- ✓ Is dehydrated

Pressure Ulcers



Warning Signs

Warning Signs

Resident:

- ✓ Has discoloured, torn, or swollen skin over bony areas
- ✓ Is de-sensitized to pain or pressure
- ✓ Has a history of pressure ulcers
- ✓ Has poor circulation

Pressure Ulcers



Warning Signs

Warning Signs

Resident:

- ✓ Is regularly restrained
- ✓ Is on anti-depressants or anti-anxiety medication

Pressure Ulcers

Action Steps



Action Steps

Communicate:

- ✓ Tissue breakdown / wound development
- ✓ Any decline in bowel and bladder function
- ✓ Any decline or inability of resident to shift body position adequately

Pressure Ulcers

Action Steps



Action Steps

- ✓ Use proper transfer techniques to prevent skin damage
- ✓ Monitor adequate intake of food and fluids
- ✓ Restraints not recommended; if needed, check skin covered by restraints

Pressure Ulcers

Action Steps



Action Steps

Work with interdisciplinary team to identify and implement interventions such as:

- ✓ Turn and re-position every 2 hours (or as directed) and record
- ✓ Try to reduce excessive moisture while maintaining proper hydration
- ✓ Take steps to minimize skin dryness
- ✓ Application of positioning aides to facilitate healing