

# Adult Pressure Injury Prevention Quick Reference Guide

## KNOW THE RISKS...

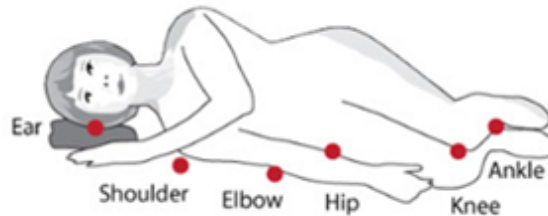
- Decreased mobility
- Advance age
- Fragile skin
- Previous or current pressure injury (PI)
- Nutritional deficiency
- Significant cognitive impairment
- Decreased perfusion
- Medical devices e.g. oxygen tubing, catheters, masks, wheelchairs
- Prolonged hospital stay



## COMMON AREAS TO ASSESS...

- **Over bony prominences**
  - Heels
  - Tail bone (coccyx)
  - Lower back (sacrum)
  - Hip pointer (trochanter)
  - Elbows
  - Back of the head (occiput)
- **Under and around medical devices**
  - Bridge of nose
  - Nasal septum
  - Behind ears
  - Mucosal membrane e.g. nostrils and mouth

\* Remember to check under skin folds for bariatric patients



## WAYS TO PREVENT...

- Educate patients and caregivers
- Implement risk assessment findings
- Develop prevention plan based on risk assessment
- Apply barrier cream
- Keep skin clean and dry under medical devices
- Pressure redistribution surface e.g. suitable pillow, foam mattress
- Friction reduction strategies
- Reposition patient at least every 4 hours



\* Prescribers shall complete documentation regarding indications for use of medical devices