What Key Concepts Should Be Covered?

Be sure to address at least the following:

1. Many pressure ulcers can be prevented.
2. Redness (dark skin appears as red, blue or purplish) that does not go away after pressure is relieved may be a stage I ulcer or deep tissue injury.
3. Causes include:
   - Pressure (reduces blood flow to skin as in sitting or lying down)
   - Friction (rubbing, as across a surface)
   - Shear (sideways pulling on skin as in sliding down in bed or on a chair)
   - Frequent moisture from incontinence or sweating
4. Risks include: immobility, inability to feel pain or discomfort from pressure, incontinence, being underweight, malnourishment, dementia and illness, such as diabetes or anemia.
5. Nurses, physicians, nurse practitioners, dieticians, physical, occupational and speech therapists and CNAs all contribute to the team.
6. Preventive care includes skin care, reduction of pressure in bed and wheelchair, and assessing skin and nutrition.