

# Pressure Ulcer Prevention

PUP  
protects your  
skin!



## PUP Needs Hydrating

Is your tongue hanging out? Do you find yourself panting? We can tell a puppy is thirsty by looking at him panting—but we can't tell by just looking at residents. Proper hydration is important in preventing and treating pressure ulcers. In order to make sure our blood carries vital oxygen and nutrients to our cells, there has to be enough fluids in the body. Proper hydration is usually 64 ounces of fluids daily, or half of a person's body weight in ounces (unless the person is on a fluid-restricted diet).

To prevent issues with hydration, some homes have developed a color coded system for their resident's pitchers and glasses that

indicate special fluid needs, such as thickened fluids or fluid restricted diets. Others have initiated a hydration cart that offers a variety of fluids from water and juice to hot chocolate and coffee. Remember that any fluid is better than no fluid, so offering an assortment of choices may help increase hydration and prevent pressure ulcers.

For more information on hydration visit [www.nhqualitycampaign.org](http://www.nhqualitycampaign.org), [www.moaha.org](http://www.moaha.org), and [www.mohealthcare.com](http://www.mohealthcare.com). For specific hydration interventions go to [www.primaris.org](http://www.primaris.org) and click on "Resource Catalogue" to get to tools such as:

- Long-term Care Hydration Assessment



### Action Steps:

1. Remember that any fluid is better than no fluid!
2. Acknowledge and adhere to a resident's fluid temperature preferences. Care plan resident's preferences and make sure that CNAs have access to the care plan.
3. Provide fresh, new water on a regular basis.
4. Reassure residents that toileting assistance will be provided as often as necessary.
5. Check to make sure resident can reach and lift a nearby pitcher of fluid.
6. Consider implementing a hydration cart that consists of a variety of fluids.
7. Ask resident if they want water at least twice per shift.
8. Offer fluid to every resident who is scheduled to be turned.

### MoLANE Planning Committee Members:

- Missouri Association of Homes for the Aging
- Missouri Health Care Association
- Missouri Coalition Celebrating Care Continuum Change
- Missouri Association of Nursing Home Administrators
- Missouri Department of Health and Senior Services
- Missouri Hospice and Palliative Care Association
- Missouri League for Nursing
- Missouri State Long-Term Care Ombudsman
- National Association of Health Care Assistants
- Primaris, Missouri's Medicare Quality Improvement Organization
- Missouri Hospital Association
- Quality Improvement Program for Missouri (QIPMO)

**Watch for more PUP Tips!!!**

For previously posted tips, visit: [www.primaris.org/professionals/qi\\_nh\\_pup\\_tips.asp](http://www.primaris.org/professionals/qi_nh_pup_tips.asp)