

Pressure Ulcer Prevention

Skin Monitoring: It Only Takes a Minute...

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Catching the early signs of a pressure ulcer can help you take action that will prevent them from forming. Training all your staff to be alert to these signs and to report them quickly is a pivotal step in this process.

CNA staff are your front line defense against pressure ulcer formation. Praise and reward them when they report any changes to the person's skin such as bruising, tears, rashes, swelling, excessive dryness or abnormal temperature.

Bath time is a perfect opportunity for staff to evaluate a resident's skin. Conduct short training sessions that will provide them with the information they need. Require them to use the Comprehensive CNA Shower Review form on www.primaris.org/professionals/products under the pressure ulcer topic on every resident. This form could be laminated and placed in the shower area as a reminder. Other opportunities for skin monitoring occur every time a resident is assisted with any ADL.

Make pressure ulcer prevention fun. Drive competition in the facility by tracking the number of reports received by

CNA. By empowering your CNAs to report changes in the residents' skin, you will decrease pressure ulcer formation, enhance quality of resident care and value the work of the CNAs. Further information about pressure ulcer reduction is available on www.primaris.org, www.nhqualitycampaign.org, www.moaha.org, and www.mohealthcare.com.

Action Steps:

1. Share this with your nursing staff and ask how skin monitoring is done in your facility.
2. Talk directly with your CNAs to find if it is easy for them to report changes in their residents' skin.
3. Use the CNA shower card or develop something for your facility.
4. If you are not signed up for the Advancing Excellence Campaign, go to www.nhqualitycampaign.org to join or to update your goals if you are a member.

MoLANE Planning Committee Members:

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

Watch for next month's PUP tip!

*PUP
protects your
skin*

