



Skin Breakdown “DOs and DON’Ts”

Do... Reposition frequently per resident (or patient) care plan. Toilet if possible to prevent incontinence (or incontinent episodes). Change any soiled clothing as soon as possible.

Do... Encourage frequent small position changes.

Do... Use pressure reduction techniques and devices in bed or chair.

Do... Lift if possible, don't drag.

Do... Assess skin frequently for red areas and report changes immediately.

Do... Keep skin clean and dry.

Do... Use lotion or moisture barrier cream for dry, fragile, or sensitive skin.

Do... Keep bed linens smooth.

Do... Use a pull sheet to assist in turning, lifting, or changing position to help prevent friction or shear.

Do... Provide adequate nutrition and fluids. Monitor and report weight changes.

Do... Inform a nurse or physician about changes in skin that concern you (following facility protocol).

Don't... Rub any open or reddened areas caused by pressure.

Don't... Allow direct skin contact with rubber or plastic.