

Pressure Ulcer Prevention

**Catch
PUP
Early**

August 2012

*PUP can
save your skin*

Editor's note: MO LANE is resuming its monthly pressure-ulcer tip service. The following tip originally appeared in February 2009, and has been updated with current information.

Catching the early signs of a pressure ulcer can help you prevent them from forming. Training all your staff to watch for these signs and report them quickly is critical.

Certified Nursing Assistants (CNAs) are your home's front-line defense against pressure ulcer formation. Praise and reward CNAs when they report 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 (http://www.primaris.org/cna_shower_review_form) on every resident. Laminate and post this tool in the shower area as a reminder. Caregivers can also check for warning signs of pressure ulcers every time a resident is assisted with activities of daily living (ADLs).

Pressure ulcer prevention can be fun. Home managers can drive competition by tracking the number of reports received by CNA. By empowering CNAs to report changes in the residents' skin, you will decrease pressure ulcer formation, enhance the quality of care for residents and show that you value the work of your CNAs.

Further information about pressure ulcer reduction is available on www.primaris.org, www.nhqualitycampaign.org, www.moaha.org, and www.mohealthcare.com.



For more information:

Attend the Nursing Home Administrator Oktoberfest!

Oct. 3-5

Radisson Hotel

Branson, Missouri

Register at mlnmonursing.org/oktoberfest

For more information, contact a MO LANE Planning Committee Member:

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