

# PRESSURE ULCERS

Pressure ulcers occur when there has been damage to skin or underlying tissue, usually appearing in areas where bones protrude, such as heels, buttocks, and shoulders. About 85 percent of residents are at risk. Developing these pressure ulcers can lead to skin loss and serious infections.

## Standards of Care

- **Regularly monitor residents.** Ensure residents are properly monitored for pressure ulcers.
- **Change positions.** Staff must change residents' positions often to prevent the development of pressure ulcers.
- **Provide a proper diet.** Nursing homes must provide a nutritious diet to residents to decrease opportunities for pressure ulcers to form.
- **Provide soft pads.** Residents should receive soft padding to reduce skin pressure and prevent formation of pressure ulcers.
- **Address present ulcers.** Monitor, treat, and heal existing pressure ulcers.

## Resources

1. LTCCC's website provide an issue alert with key information on pressure ulcers. See <https://nursinghome411.org/ltccc-issue-alert-pressure-ulcers/>.
2. National Pressure Ulcer Advisory Panel has helpful resource on identifying and staging ulcers. See <http://www.npuap.org/resources/educational-and-clinical-resources/pressure-injury-staging-illustrations/>.
3. U.S. National Library of Medicine contains consumer-friendly resources on pressure ulcers. See <https://medlineplus.gov/ency/patientinstructions/000228.htm>.