

Tips for Preventing Pressure Ulcers

Pressure ulcers occur when there is damage to an individual's skin or underlying tissue. Pressure ulcers are generally localized to areas of the body with bony prominences (such as elbows, hips, heels, and shoulders).

1. **Reposition Frequently** (at least every two hours) to relieve and redistribute pressure on bony areas (e.g., heels, elbows, tailbone).
2. **Use Pressure-Relieving Devices** like specialized mattresses, cushions, and overlays to reduce pressure.
3. **Keep skin clean and dry and use moisturizing lotions** to prevent dryness and cracks. Use mild soap and avoid hot water.
4. **Maintain Proper Nutrition and Hydration** for skin health.
5. **Check Skin Regularly** for redness, irritation, or sores. Pay special attention to heels, hips, and backside.
6. **Practice Effective Continence Care** to protect skin from moisture and irritants.

LONG TERM CARE COMMUNITY COALITION

Advancing Quality, Dignity & Justice

This Dementia Care Card is part of a toolkit of resources to help improve care for individuals living with dementia. For more detailed information on this topic and other useful resources, visit www.nursinghome411.org/dementia-care-in-the-community.

Visit www.NursingHome411.org for...

- Dementia care resources,
- Fact sheets on nursing home resident rights,
- Information on nursing home staffing & quality,
- Assisted living guides,
- Family empowerment resources,
- Educational webinars,
- And much more!

**All resources are free to
use and share.**

