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Taking Care of Pressure Ulcers

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TAKING CARE OF PRESSURE ULCERS

Stage One
- The skin is intact with noticeable redness of a bony prominence. It may be warm to the touch as compared to adjacent tissue. Stage 1 may be difficult to detect in individuals with dark skin.

What to do:
- Keep pressure off of the wound.
- Elevate the limb - are you getting enough protein, vitamins, and A, C, and E and multivitamins?
- Foster a healthy diet with high fiber and plenty of fluids. Regular sit-to-stand will help.
- Keep the area clean and dry. Do not rub dry. (Red/grey) Do not rub dry. (Red/grey) Do not rub dry. (Red/grey)

Stage Two
- There is partial thickness loss of dermis presenting as a shallow open ulcer with a red/pink wound bed, without slough. Ulcer may be firm or fluctuant or open/closed tissue with visible blisters. The area is very painful.

Stage Three
- There is full-thickness tissue loss with exposed bone, tendon, or muscle. Slough or necrotic may be present on wound edges of the wound. This is a deep ulcer with a large area of exposed bone, tendon, or muscle. Treatment is with a dressing that will not stick to wound surface, to minimize disruption of new cells.

Stage Four
- There is full-thickness tissue loss with exposed bone, tendon, or muscle. Slough or necrotic may be present on wound edges of the wound. This is a deep ulcer with a large area of exposed bone, tendon, or muscle. Treatment is with a dressing that will not stick to wound surface, to minimize disruption of new cells.

Common Locations of Pressure Ulcers

- How to know if the pressure ulcer is healing
  - Pinkish tissue usually starts forming along the edges of the ulcer and moves toward the center; you may notice a pocket or brown or black area.
  --acre bleeding may be present. This shows that there is good blood circulation to the area, which helps healing.

Conclusions
- Pressure ulcers occur over a bony prominence as a result of pressure or pressure in combination with shear and/or friction. Most pressure ulcers are preventable. If a pressure ulcer appears, there are many types of dressings to use to prevent further damage. The most important step in preventing pressure ulcers is to avoid prolonged pressure on any part of your body. Checking your whole body every day for spots,onor signs of signs of signs will help maintain healthy skin.

References

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Biology 122: Lab Section 207