

Pressure Injury Prevention and Treatment Discharge Instructions

For: _____

Date: _____

Pressure Injury Prevention Instructions

| | |
|--|---|
| <p style="text-align: center;">Recommendations for Pressure Relief Sacrum, tailbone, buttocks, pelvis spine</p> <ul style="list-style-type: none"> <input type="checkbox"/> Turn to side and support at about 30 degrees to the side. Alternate turning from left to right sides <input type="checkbox"/> Use 30 degree lateral positioning wedge cushion to support (see Supplies & Equipment recommendations page for details) <input type="checkbox"/> Place pillows under legs. Adjust for comfort and to maintain correct body alignment <input type="checkbox"/> Check for continued pressure relief & re-turn as needed to restore pressure relief <input type="checkbox"/> Keep the head of the bed less than 30 degrees whenever possible. <input type="checkbox"/> Avoid dragging or sliding the body across mattress and chair surfaces | <p style="text-align: center;"><u>How To</u> For pressure relief</p> <ul style="list-style-type: none"> - Have bedbound person help/participate as much as able - Avoid lifting greater than ~ 30lbs - Bend knees of person when possible during turn/boosts - Search & Review "How to turn a patient" Youtube videos (see Resources section on the last page for suggestions) <p style="text-align: center;">How to check for continued pressure relief</p> <ul style="list-style-type: none"> - Check that support angle is near 30 degrees by standing at the foot of the bed to see if person is at turned angle and all body parts face the same direction without twisting. - Hand check: Feel under support device for pressure relief <p style="text-align: center;">How often should you turn?</p> <p>Turning should be done as needed and practical to maintain pressure relief but allow for adequate periods of sleep.</p> <ul style="list-style-type: none"> - If using standard pillows to support 30 degrees: Turn about every 2 hours and 4 hours during sleeping periods. - If using BedsoreRescue/Backbone positioning cushion to support: Turn about every 4 hours while awake, and about every 6-8 hours during sleeping periods. |
| <p style="text-align: center;"><u>Care Recommendations</u> For pressure relief off heels & other bony parts of feet</p> <p>Prevent contact between heel and other surfaces (mattress, wheelchair etc) (aka "Float heels at all times")</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use 2 standard pillows (Any brand) or <input type="checkbox"/> Use 2 advanced positioning pillows (All bone pillow) <input type="checkbox"/> Use Footbed low profile multi-positional freedom of movement pad for long term heel floating <input type="checkbox"/> Use Foam boots on (circle) L R Both feet (Recommended/provided brand: _____) <input type="checkbox"/> Recommend advanced support device to prevent/treat footdrop (Service provider: _____) | <p style="text-align: center;"><u>How to</u> For pressure relief off heels & other bony parts of feet</p> <p>If using:</p> <p>Standard Pillows: Place <i>1 pillow lengthwise under each leg</i> Check ~every 2 hours and re-set as needed</p> <p>Advanced positioning Pillows (Anybone all purpose pillows) Place <i>1 pillow lengthwise under each leg. Overlap sides to maintain floatation in center.</i> Check ~every 2-4 hours/</p> <p>Foam Boot(s): check every 2 hours for correct placement. Adjust as needed for continued pressure relief and correct alignment.</p> <p>Footbed: Check every 2-4 hours for continued pressure relief. Adjust as needed to maintain pressure relief</p> |
| <p>Other Pressure Relief Instructions:</p> <hr/> <hr/> <hr/> | |

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Pressure Relief Supplies and Equipment Recommendations

| Turning & Positioning Support Equipment Recommendations | Resources for pressure relief products and services |
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| <p><input type="checkbox"/> 30 degree lateral positioning wedge Bedsore Rescue Cushion (www.bedsorerescue.com)</p> <p><input type="checkbox"/> Footbed low profile long term heel floater www.bedsoreRescue.com</p> <p><input type="checkbox"/> Foam Boots: (brand provided upon discharge) _____</p> <p>Or</p> <p><input type="checkbox"/> Ventopedic Heel/Ankle Protector (www.Alimed.com)</p> <p><input type="checkbox"/> Other: _____</p> <p>NOT RECOMMENDED for support</p> <ul style="list-style-type: none"> - No uncovered foam - No doughnut foam pads - No vinyl, plastic or rubber covered products - No rolled or folded blankets, towels - No small wedges that do not support the entire back - No devices that are harder than foam or pillow (such as solid gel rolls, wood, metal) - Do not use cold or hot pads for positioning support - Avoid foam wedges not specifically designed for supporting 30 degree lateral support - Avoid heel floatation cushions that cause ankles to dangle. Prefer low profile pads - Avoid foam boots that do not remove all contact pressure. | <p>Search terms for positioning cushions/pillows/products "30 degree lateral support positioning wedge cushion" "Repositioning wedge", "Pressure prevention pad"</p> <p>Heel Floatation "Pressure relieving heel floatation for patients"</p> <p>Search terms for more information/how to Turn, Reposition, Lift, Transfer, Reduce pressure</p> <p>Google and/or Youtube "How to turn and reposition an immobile patient" "How to turn a bedbound patient"</p> <p>Websites Jewell Nursing Solutions: www.bedsoreRescue.com www.jewellnursingsolutions.com</p> <p>Registered Nurses Assoc of Canada/positioning techniques https://ltctoolkit.rnao.ca/node/1403</p> <p>Suggested YouTube video resources "Turning Therapy to Practice": https://www.youtube.com/channel/UCDAOmYx2lxFPTdkeXG0ctVw https://youtu.be/3Z7gU9G5UVg Leaf Healthcare "how to turn a bedbound patient"</p> |

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Lift and Friction/Shear Prevention

| <u>Care Recommendations</u> | <u>How To</u> |
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| <p style="text-align: center;">To protect from friction, shear and lift injury</p> <p><input type="checkbox"/> Cover (body area) _____ with silicon boarder dressings. Change when not intact or wet.</p> <p><input type="checkbox"/> Use slide / transfer sheet for all boosts and transfers (see Supplies & Equipment recommendations page for details)</p> <p><input type="checkbox"/> Overhead trapeze is recommended (see Supplies & Equipment recommendations page for details)</p> <p><input type="checkbox"/> Hoyer lift equipment is recommended (see Supplies & Equipment recommendations page for details)</p> <p><input type="checkbox"/> Hospital bed and mattress rental information: Type: _____ Type: _____ Service contact/order information: _____</p> | <p style="text-align: center;">To protect from friction, shear and lift injury</p> <ul style="list-style-type: none"> - Discontinue use of sacral boarder dressings if unable to keep intact and free of urine and stool - Use transfer/boost sheets or lift equipment if person cannot lift themselves up independently. - Avoid dragging the body (pay special attention to the backside and heels) across mattress/chair surfaces when assisting with movement in/or out of bed or boosting up in bed. - Remove slide / transfer sheets from under a person after use. They cause perspiration and retain moisture. - Review manufactures instructions and youtube videos to learn correct methods/ techniques for safety. (see resources list for suggestions) <p>Other Instructions: _____ _____ _____</p> |

Lift and Friction/Shear Protection Equipment & Supplies

| Lift Equipment Recommendations | Search Terms and Resources for more Information |
|--|--|
| <p>Patient transfer/boosting/ Lift</p> <p>Best Transfer Boost Sheet by DansonMedical.com</p> <p>Sally Tube by Tollos.com</p> <p>Single caregiver turning sheet by www.TheUturner.com</p> <p>Overhead Trapeze: DansonMedical.com, Alex</p> <p>Hoyer Lift equipment rental from: _____ Contact / Order number: _____</p> <p>Other equipment rental arrangements: _____ _____</p> | <p>Search "How to transfer a patient" "how to lift a patient"</p> <p>Search "Hoyer lift" or "Patient lift equipment" Suggest view manufacturer instructions/videos Suggest watching YouTube videos</p> <p>Search "Silicon Boarder Dressings" "Mepilex" "Allevyn"</p> <p>Other: _____ _____</p> |

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Moisture/Incontinence Management and General Skin Care Instructions

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| <p style="text-align: center;"><u>Care Recommendations</u></p> <p style="text-align: center;">For moisture/incontinence management</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check for soiling every __ hours. Clean asap after soiling using Ph Balanced peri-soaps <input type="checkbox"/> If mostly continent: Assist to toilet every __ hours. Assure adequate cleaning afterward <input type="checkbox"/> Use moisture absorbent products that avert moisture away from backside skin/wounds. Avoid diapers whenever possible. <input type="checkbox"/> Keep breathable absorbent pad under person at all times <input type="checkbox"/> Minimize layers of linens under person to only fitted sheet and breathable absorbent pad <input type="checkbox"/> Apply moisture barrier cream after cleaning to protect skin from external moisture. <input type="checkbox"/> Supplement skin with lotion or barrier creams with lotion in them after cleaning <p>Recommended: (Circle all that apply)</p> <p style="padding-left: 40px;">Super Absorbent Maxipad Purewick</p> <p style="padding-left: 40px;">Male incontinence wrap Condom catheter</p> <p>Other: _____</p> <p>(see Supplies & Equipment Recommendations page for details)</p> | <p style="text-align: center;"><u>How To</u></p> <p style="text-align: center;">For moisture/incontinence management</p> <ul style="list-style-type: none"> - Gently pat or wipe. Do NOT scrub. - Use pH balanced peri-soaps or baby wipes designed for incontinence care. Avoid products that contain harsh disinfectants or odor reducing chemicals. - Use soft paper towels or dry wipes to dry. Avoid standard washcloths. - Place breathable moisture absorbent pads under the buttocks - Place absorbent pads or wrap in front / center to absorb urine - Do NOT “double up” incontinence pads/briefs/wraps or add towels for more absorption/longer wear. It only keeps urine/stool against skin longer, potentially causing more damage. - Do NOT add cloth towels to supplement incontinence pads - Avoid using diapers while resting in bed or recliner - Avoid using diapers while sitting in wheelchair for extended periods - Never leave plastic backed pads/chux or vinyl products under a person for extended time periods. - Other: <p>_____</p> <p>_____</p> <p>_____</p> |
| <p style="text-align: center;"><u>Care Recommendations</u></p> <p style="text-align: center;">For skin protection</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apply moisture barrier cream after each cleaning over skin that can potentially be exposed to urine and stool <input type="checkbox"/> Apply <i>medicated</i> moisture barrier creams to treat damaged from moisture <input type="checkbox"/> Apply Silicon Boarder Heel Dressings over: L R Both Change when not clean or cannot restore intact-ness | <p style="text-align: center;"><u>How To</u></p> <p style="text-align: center;">For skin protection</p> <ul style="list-style-type: none"> - Best to use moisture barrier creams with lotion. - Do not attempt to “scrub off” adherent creams. Gently wipe to clean visible soiling. Don’t worry about removing every single spec of “pink” color. Concentrate on cleaning the pink color. - DO Not use Desitin. It is way too sticky - Ok to put barrier creams on shallow wounds. Contact your medical provider if rash gets larger and / or deeper. Infection or bedsore wounds can easily develop. |

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Moisture/Incontinence Management Supplies and Equipment Recommendations (cont)

| Moisture Management Product Recommendations | Search Terms and Resources for more Information |
|--|---|
| <p><input type="checkbox"/> Place absorbent wrap under male genitals at all times Replace asap after soiling</p> <p><input type="checkbox"/> Purewick external catheter while in bedrest</p> <p><input type="checkbox"/> Internal Indwelling or intermittent catheterization foley catheter.</p> <hr/> <p>Peri-soap cleaners: Baza Cleanse by Coloplast, Aloe Vesta by Convatec. No Rinse spray by Coloplast, Rinse Free spray by coloplast or McKesson</p> <p>Dry Wipes by Attends</p> <p>Baby wipes without disinfectants or odor reducing chemicals</p> <p>Moisture Barrier Creams Critic-Aid by Coloplast, Secura Dimethecone by Smith Nephew, Remedy with Olivine by Medline, Baza cream by Coloplast</p> <p>Medicated Barrier Creams Calmoseptine, Calazyme by medline, Moisture barrier Miconizole cream for fungal rash. Triad by Coloplast</p> <p>Other: _____ _____ _____ _____</p> | <p>Breathable Absorbent Pads search / recommended - Attends Supersorb breathable pads - Medline Ultrasorb breathable pads - Convatec Wings breathable Plus</p> <p>Female Peri-area maxipads Poise pads max absorbancy, CarePlus pads by medline, Super pads by Attends. Purewick female external catheter</p> <p>Male Search “Male incontinence pads” “Quickchange incontinence wraps” “condom catheters” “Male external catheter” “Purewick male external catheter”</p> <p>Search “foley catheter”. Suggest to follow prescribing care provider and manufacturers instructions for placement and management of internal foley catheters</p> <p>Other: _____ _____ _____</p> |

