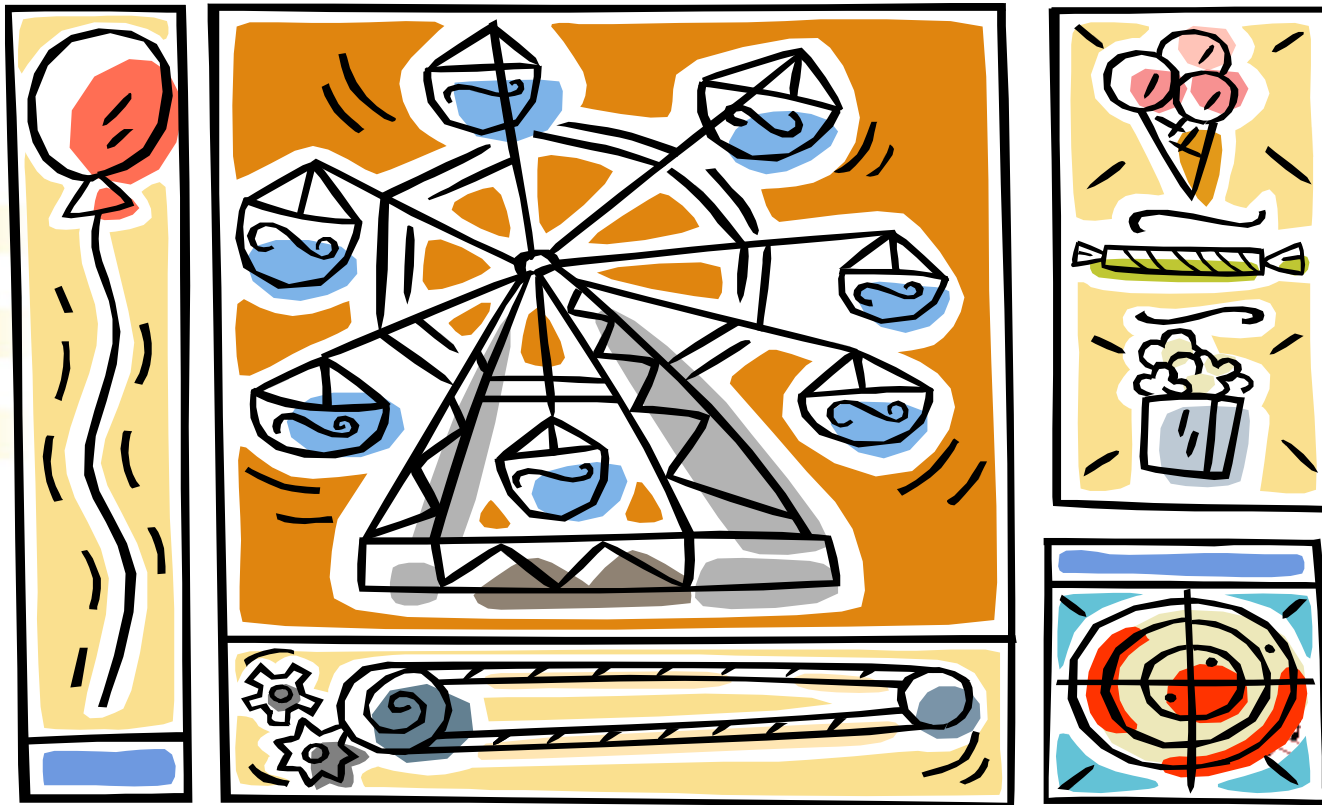


Skin Care Fair



Louisiana Health Care Review, Inc.

THE MEDICARE QUALITY IMPROVEMENT ORGANIZATION

WWW.LHCR.ORG

This material was prepared by Louisiana Health Care Review, Inc. (LHCR), the Medicare Quality Improvement Organization for Louisiana, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. LA8SOW1a06-P1356

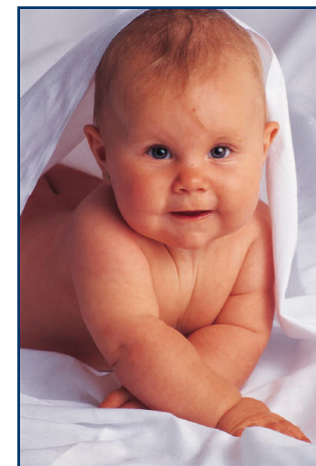


Louisiana Health Care Review, Inc.

THE MEDICARE QUALITY IMPROVEMENT ORGANIZATION

WWW.LHCR.ORG

Oh, My Precious Epidermis





Louisiana Health Care Review, Inc.

THE MEDICARE QUALITY IMPROVEMENT ORGANIZATION

WWW.LHCR.ORG

The Barren Desert



The Daily Post



- Protect Dry Skin which can lead to friction injuries and skin tears
- Use moisturizers frequently and as often as necessary
- Always be on the look-out for skin changes



Louisiana Health Care Review, Inc.

THE MEDICARE QUALITY IMPROVEMENT ORGANIZATION

WWW.LHCR.ORG

FRAGILE!

HANDLE WITH CARE



The Daily Post



- Be cautious when changing incontinent products, bandages, or even their clothes
- Your elder's skin is very fragile and can tear easily



Louisiana Health Care Review, Inc.

THE MEDICARE QUALITY IMPROVEMENT ORGANIZATION

WWW.LHCR.ORG

The Barrier Reef



The Daily Post



- Use a moisture barrier to help protect the skin from stool and urine.
- Barrier creams and ointments only work if they are applied, and applied correctly
- These creams can be the first line of defense for your elder to stop a pressure ulcer before it develops



Louisiana Health Care Review, Inc.

THE MEDICARE QUALITY IMPROVEMENT ORGANIZATION

WWW.LHCR.ORG

YOU'RE TEARING ME APART





The Daily Post



- Simple movements, such as turning or lifting, can create friction and shearing, which can injure the skin.
- To move and reposition residents, use lifting devices and draw sheets. Avoid dragging.



Louisiana Health Care Review, Inc.

THE MEDICARE QUALITY IMPROVEMENT ORGANIZATION

WWW.LHCR.ORG

You're Pushing too Hard



The Daily Post



- Reposition bedbound residents every two (2) hours.
- Reposition chairbound residents every one (1) hour.
- Use devices, such as pillows, cushions, to keep bony prominences from direct contact.



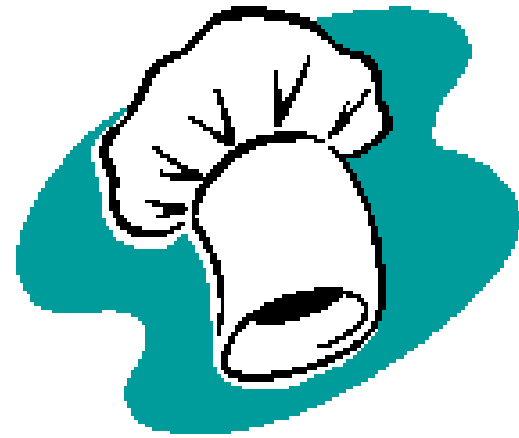
Louisiana Health Care Review, Inc.

THE MEDICARE QUALITY IMPROVEMENT ORGANIZATION

WWW.LHCR.ORG

Critic's Corner

Taster's Choice





Louisiana Health Care Review, Inc.

THE MEDICARE QUALITY IMPROVEMENT ORGANIZATION

WWW.LHCR.ORG

Critic's Corner

Treasure Hunt





The Daily Post



- Poor nutrition is a risk factor in developing a pressure ulcer.
- Assist residents to eat as necessary.
- Notify the nurse if there is a decline or change in a resident's eating habits.
- Choose supplements that are tasty
- Consider choice in dining as a strategy to increase weight.

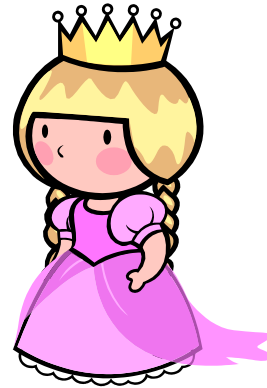


Louisiana Health Care Review, Inc.

THE MEDICARE QUALITY IMPROVEMENT ORGANIZATION

WWW.LHCR.ORG

The Princess and the Pea



The Daily Post



- Use support surfaces on beds and chairs to reduce pressure.
- Avoid donuts.
- Use pillows or devices to raise heels off the bed.



Louisiana Health Care Review, Inc.

THE MEDICARE QUALITY IMPROVEMENT ORGANIZATION

WWW.LHCR.ORG

Dorothy's Shoes

Lions and Tigers and
Bears

Pressure and
Blisters and
Objects
Oh My!

Oh MY!



There's No Place Like Home

The Daily Post



- Always be on the lookout for anything that could create pressure on the skin, including the feet.

The Daily Post



- Moisture from incontinence contributes to pressure ulcer development.
- Cleanse skin at the time of soiling.
- Select underpads/briefs that are absorbent and provide quick drying surface for the skin.

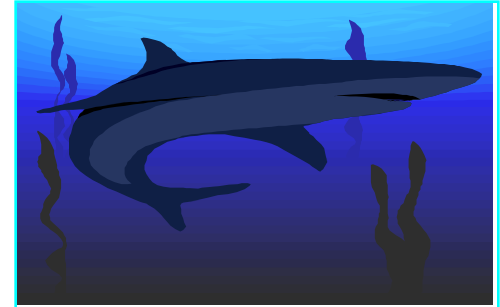


Louisiana Health Care Review, Inc.

THE MEDICARE QUALITY IMPROVEMENT ORGANIZATION

WWW.LHCR.ORG

Terrors of the Deep



The Daily Post



- Stage IV pressure sores can take the longest to heal
- In some residents, Stage IV ulcers can develop in a matter of hours; for example, if left on the wrong surface too long



Louisiana Health Care Review, Inc.

THE MEDICARE QUALITY IMPROVEMENT ORGANIZATION

WWW.LHCR.ORG

I gotta go right now!



This may be the end of this session, but this is the Beginning of Your Journey *Home*

