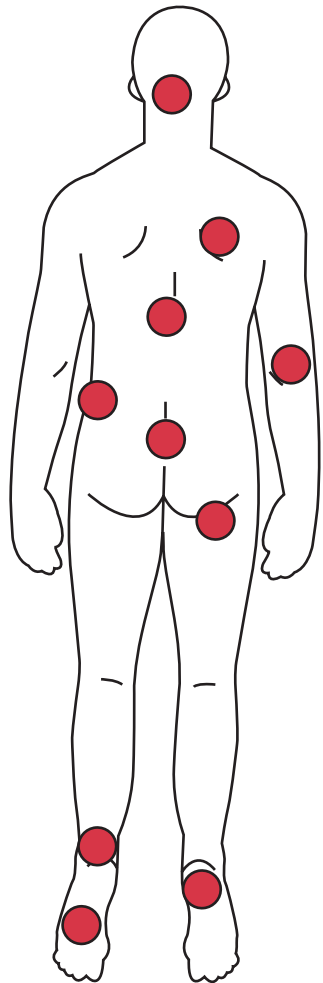
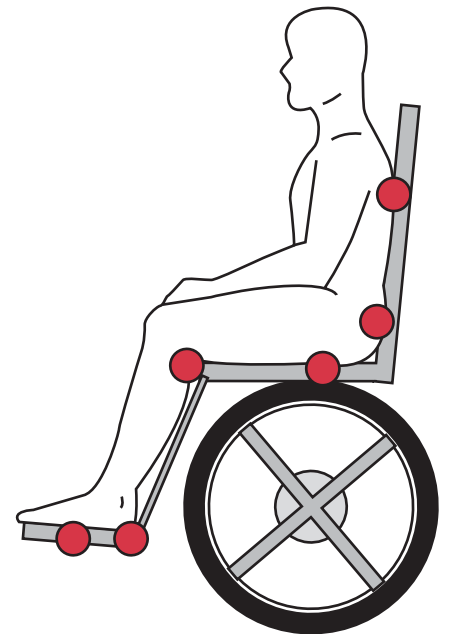
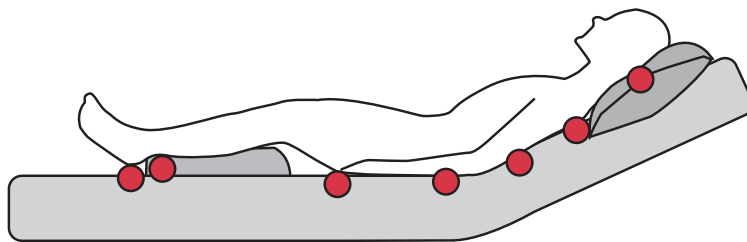
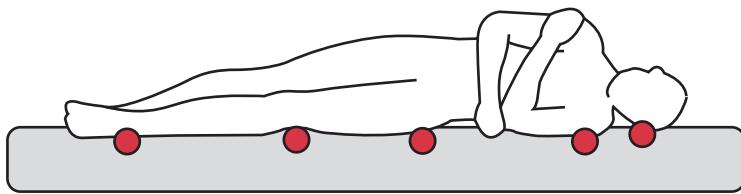
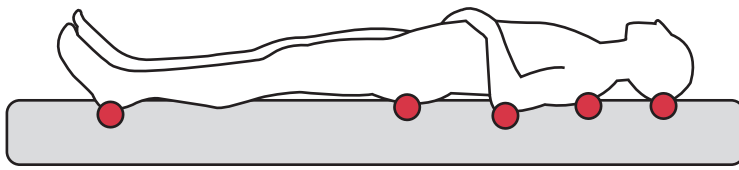


Pressure Points



 Red circles indicate pressure points



Every day look for the skin's warning signs of beginning pressure ulcers:

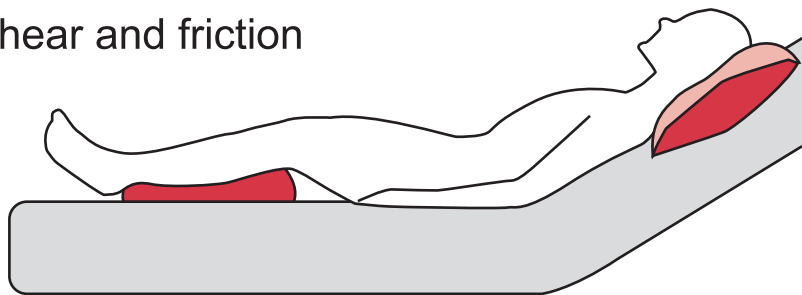
- Stays red longer than thirty minutes
- Feels warm or firm to the touch
- Is blistered or broken

Remember:

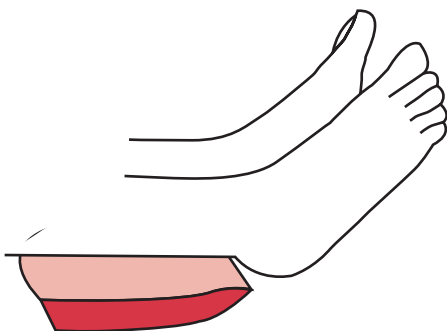
- Find out who's at risk
- Help resident eat right and drink fluids
- Keep the skin clean and dry
- Assess the skin daily
- Keep good records
- Make sure pressure is off the heels

Pressure Ulcer Reduction Tips:

- Follow a written turning/positioning schedule
- Turn every two (2) hours in bed
- Use pressure reduction devices on bed, heels and chairs
- Use lift sheet or device to reduce shear and friction



Head of bed elevation limited to 30 degrees or less



Proper heel placement



Proper positioning

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