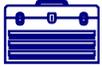


# Disease Management Guidelines

A working tool intended to assist with the development  
of an individualized comprehensive plan of care

## Pressure Sore Prevention



**Goal: Minimize risk for skin breakdown.**



### Action Steps:

✓ **CM will:**

- Arrange and facilitate IDT with Skilled Nurse, PT, PCA, MEMBER, and informal caregivers to assess for mechanical loading and support devices, transfer equipment and appropriate surfaces; develop an individualized program of skin care
- Discuss PT recommendations with physician, obtain RX and order equipment, devices, and supplies as needed
- Provide ongoing assessment of safety supervision needs, community potential, and program appropriateness

✓ **Skilled Nurse will provide \_\_\_\_\_ home visits to: (frequency to be determined by MEMBER need)**

- Assess MEMBER risk for skin breakdown (Braden or Norton Scale recommended)
- Assess PCA, MEMBER, and informal caregiver knowledge/skills and provide patient education as needed to include:
  - Signs and symptoms of skin breakdown
  - Importance of daily skin inspections
  - Cleansing techniques
  - Preventing dry skin
  - Moisture barrier products and supplies
  - Preventing friction and shear injury
  - Nutrition/hydration needs
  - Positioning
  - Proper use of equipment and devices
  - A written plan for the use of positioning devices and repositioning schedules
  - Inspect skin and immediately report signs and symptoms of skin breakdown to physician and CM
  - Observe MEMBER, PCA, and informal caregivers for appropriate use of equipment/devices, cleansing technique, moisture barriers, and positioning
  - Assess need for additional equipment, devices and supplies

- Assess nutritional status (including MEMBER weight if possible)
- Provide CM with written reports of all visits, documenting skin integrity, observations, interventions, outcomes and recommendations

✓ **PCA and/or informal caregivers will:**

- Inspect skin daily
- Keep skin clean and dry
- Apply appropriate lotions to prevent dry, cracked skin
- Apply appropriate moisture barriers
- Use equipment, devices and supplies as instructed
- When MEMBER is in bed, reposition MEMBER with proper supports every 2 hours
- When sitting, caregivers will reposition MEMBER, shifting the points under pressure at least every hour
- Provide nutrition and fluids as prescribed by plan
- Maintain daily logs of positioning schedule, skin inspection, and fluid and nutrition intake

✓ **MEMBER will:**

- Participate as able in skin care program



**Expected Outcomes:**

- PCA, MEMBER, and informal caregivers can verbalize principles of prevention of pressure sores
- PCA, MEMBER, and informal caregivers can demonstrate skills for proper use of equipment, support devices, positioning, and skin care
- PCA, MEMBER, and informal caregivers can recognize and report signs and symptoms of skin breakdown to Skilled Nurse and CM
- MEMBER maintains desired weight