

Bedsores Prevention & Treatment

This playbook outlines the procedures for preventing bedsores in mobility-impaired seniors and provides guidance on treating and monitoring existing pressure ulcers.

Step 1: **Assessment**

Regularly assess the skin of the mobility-impaired senior, paying special attention to bony areas such as heels, elbows, the base of the spine, and hips. Look for signs of redness, swelling, or breakdown.

Step 2: **Repositioning**

Reposition the senior at least every two hours to alleviate pressure on vulnerable areas. Use supportive devices like specialized cushions or pads to redistribute pressure.

Step 3: **Skin Care**

Keep the skin clean and dry. Use mild soaps and avoid rubbing the skin too hard. Consider applying moisturizers on dry skin to maintain skin integrity.

Step 4: **Nutrition**

Provide a nutritious diet rich in protein, vitamins, and minerals to support skin health and repair. Ensure adequate hydration by encouraging regular fluid intake.

Step 5: **Monitor and Document**

Continuously monitor for any changes or developments in the senior's skin condition. Document progress and any treatment applied to track the effectiveness.

Step 6: **Professional Care**

If bedsores are present or if any signs of infection appear, seek professional medical advice. Follow prescribed treatments such as debridement, dressings, or antibiotics.

General Notes

Education

Educate the senior and caregivers about the importance of repositioning, skin care, and the risks of bedsores to foster a proactive approach.

Custom Support

Consider custom support surfaces and mobility aids tailored to the senior's specific needs to improve comfort and prevent pressure ulcers.

Warning Signs

Be aware of early warning signs of infection, such as increased pain, odors, pus, or changes in sore color. Early detection is crucial for effective treatment.