SKIN CARE AND THE PREVENTION OF SKIN BREAKDOWN

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Disclosures

Marlene Foreman has no real or perceived conflicts of interest that relate to this presentation.

Objectives

1. Recognize normal skin and changes that occur due to aging or illness.
2. Describe basic concepts of skin care used to prevent skin breakdown.
3. Understand common skin injuries and treatment options.
NORMAL SKIN

- Layers of skin
- Functions of skin
- Skin changes due to aging
- Skin changes due to illness

BASIC SKIN CARE

- Hygiene needs
- Use of soaps
- Use of moisturizers
- Use of powder
- Special products for special situations

COMMON SKIN INJURIES

- Rashes
- Bruises
- Skin Tears
- Pressure Ulcers
- Stasis Ulcers
- Skin infections
- Colostomies
RESPONSIBILITIES OF NURSING ASSISTANTS IN SKIN CARE

- Proper handwashing
- Proper bathing techniques
- Proper care of fragile skin
- Recognizing and reporting of skin injuries
- Appropriate colostomy care
- Appropriate perineal care
- Appropriate catheter care
- Appropriate PEG care

MANAGEMENT OF SKIN INJURIES

- Proper instructions
- Stay within your scope of practice
- Stay within the plan of care
- Assisting the nurse with wound care

References