

Pressure Ulcer Prevention

AIM

To be able to prevent pressure ulcers, and to care for those who have them

DURATION

Half Day (3 Hours)

LEARNING OUTCOMES

By the end of this course you will:

- Know what the layers of skin are and their purposes
- Recognise the warning signs of pressure ulcers
- Be aware of the most common places they occur
- Identify risk factors that may compromise healing
- Understand the responsibilities regarding reporting and safeguarding
- Know the correct forms and records surrounding pressure ulcers, and how to complete them effectively
- Understand the primary treatment given to a resident with a pressure ulcer
- Know how to provide ongoing care to people with pressure ulcers

LESSONS AND TOPICS

Structure and Function of the Skin

- Epidermis and Dermis
- Subcutaneous Fat

Pressure Ulcers and Wounds

- Pressure Ulcers
- Warning Signs
- Common Sites for Pressure Ulcers

Risk Factors

- Diabetes
- Malnutrition
- Other Factors
- Categories of Pressure Ulcers

Documentation and Reporting

- Body Mapping
- Repositioning Clock
- Repositioning Record
- Issues Relating to Repositioning
- Waterlow Chart
- Daily Update
- Reporting
- Safeguarding

Care

- Posture and Position
- Mattresses and Cushions
- Antibiotics
- Nutrition