

## 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

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## 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