

Do's and Don'ts of Pressure Ulcer Prevention

Do Not

- Use donuts or egg crates.
- Position directly on an open ulcer if this can be avoided.
- Massage bony prominences or fragile skin.
- Drag or pull residents to reposition them.



Do

- Turn residents at least every two hours in bed (or every hour if in a chair), or as often as needed to prevent pressure ulcers.
- Use a pull or draw sheet when repositioning residents.
- Observe the 30 degree rule, keeping the head of the bed 30 degrees or lower, when possible.
- Keep heels off the bed.
- Help residents maintain continence when possible.
- Provide incontinence care to keep residents' skin dry.
- Keep residents' level of functioning intact.
- Educate residents and families about pressure ulcer prevention.
- Inspect skin regularly for signs of redness; moisturize dry skin.
- Protect skin from damaging effects of urine, using a barrier product when ordered.
- Provide adequate nutrition and hydration.



Source: National Pressure Ulcer Advisory Panel (NPUAP) Pressure Ulcer Prevention Quick Reference Guide, 2009. Available at: www.npuap.org/wp-content/uploads/2012/02/Final_Quick_Prevention_for_web_2010.pdf