



A Pressure Ulcer is the Ugliest Thing I've Ever Seen

Volume 9 2016

Pressure sores, also known as pressure ulcers, bedsores, decubitus ulcers, or decubiti are sections of damaged skin produced by staying in one position for too long. It only takes a few hours (sometimes less) to form because the unrelieved pressure impedes blood flow to that area. As the skin and the underlying tissues are deprived of blood supply, they are also deprived of oxygen and nutrients, and cellular death occurs. These sores often are preventable.

Prevention of pressure ulcers is one of the chief healthcare challenges in terms of reducing patient harm. The literature shows that although abundant documents have been published, pressure ulcer prevention remains an ongoing challenge. Pressure sores usually form where bones are close to skin, such as ankles, back, elbows, heels and hips. But, a pressure ulcer can develop anywhere on the body. Examples are, underneath a cast, or underneath a brace. Some of the braces for spinal stabilization are a chin piece, so there can be rubbing, or friction, and a little pressure under the chin. A pressure sore may develop in that area.

Preventing pressure ulcers is complex and involves skin care, the provision of therapy mattresses, repositioning, the management of incontinence and adequate nutritional support. Nutrition must be an integral part of any pressure sore prevention and treatment plan. The National Institute for Health and Care Excellence states that adequate risk assessment of pressure ulcer development includes the role of malnutrition. Adequate nutrition is fundamental for the prevention of pressure ulcers. Malnutrition will also hinder healing when pressure ulcers have developed.

The risk of malnutrition should be assessed with a recognized tool, such as the Malnutrition Universal Screening Tool, and appropriate treatment plans should be drawn up for patients identified as being at risk of malnutrition to improve their nutritional state. For example, the dietary intake of patients with poor appetite can be supplemented with nutritious snacks between meals.

Krug Consulting
was founded by
Sandra Krug,
RRT, CRNA
Legal Nurse Consultant.

AREAS OF PRACTICE:
Nursing Malpractice,
Personal Injury,
Product Liability,
Toxic Tort and
Environment,
Worker's Compensation
and Workplace Injury,
Criminal
Negligence,
Health, Illness or
Injury-related
Legal action,
Risk Management,
Nursing Home Abuse,
Fraud and Abuse
Compliance and
HIPPA,
Elder Law

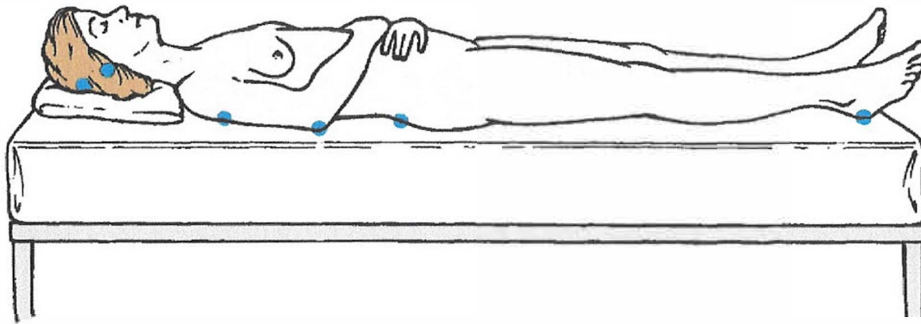
info@LNCKRUG.com

5910 Post Blvd #110296,
Bradenton, FL
34211

1 (844) LNC-KRUG

LNCKRUG.com

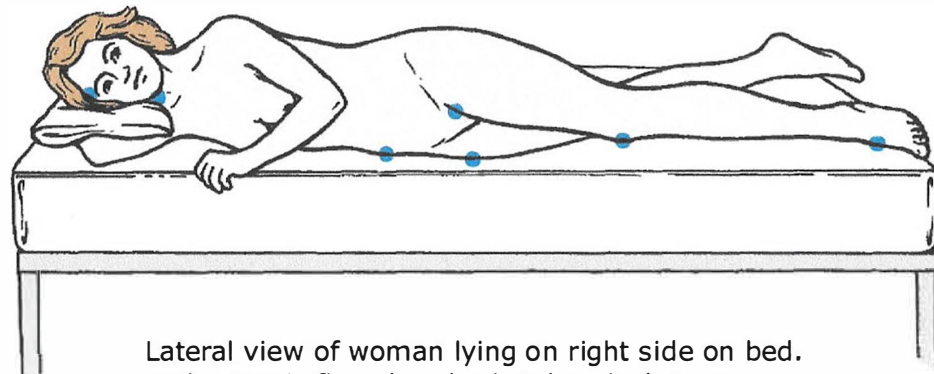
Common Sites for Pressure Ulcers



Lateral view of woman lying supine on bed, legs extended, arms resting on abdomen.



Posterolateral view of woman seated in wheel chair.



Lateral view of woman lying on right side on bed. Right arm is flexed under head, right knee is slightly flexed and placed in front of left leg.