


Behavioral:

Lifestyle

Poor hygiene habits *Perpetual moist environment and inadequate cleaning of secretions create risk for skin breakdown.*

Condition/Disease:

Advanced age  


Altered mobility 

Chronic illness

Fecal incontinence

Immunologic status

Impaired circulation

Impaired nutritional status  *Nutritional compromise including over- or under-weight may create risk of skin breakdown.*

Metabolic disorder

Sensory impairment

Thermal injury/burn

Tissue trauma and/or injury


Urinary incontinence

Psychological/Personal:

Altered mental status

Psychological factors

Therapy-Related:

Hospitalization 

Mechanical compression *Shearing forces or pressure.*

Medications

Radiation therapy   

Surgery/procedure 

Assessment

Functional:

Difficulty or inability performing activities of daily living



Impaired mobility

Poor dietary history

Poor hygiene

Poor skin turgor

Physiological:

Braden score less than or equal to 18  

Skin color changes

Psychological:

Altered mental status

Expected Outcomes

Activity:

Mobility will improve

Cognitive:

Understanding of ways to prevent future skin breakdown will improve

Ability to identify appropriate dietary choices will improve

Nutritional:

Dietary intake will improve

Fluid intake will improve

Skin Integrity:

Risk for impaired skin integrity will decrease

Ability to demonstrate warm and dry skin will improve

Circulation will improve to fullest extent possible

Interventions UpToDate ★ ★ ★ !**Activity:**

Encourage ambulation

Perform repositioning ★ B

Cognitive:

Discuss precautions to protect skin integrity UpToDate UpToDate UpToDate

Discuss treatment plan for related conditions UpToDate UpToDate UpToDate

Discuss dietary adjustments UpToDate UpToDate UpToDate UpToDate

Nutritional:

Evaluate nutritional intake UpToDate

Encourage fluid intake

Collaborate with dietitian

Skin Integrity: ★ C ★

Identify risk factors for impaired skin integrity and/or pressure ulcers ★ !

Implement precautions to protect skin integrity ★ B D !

Monitor skin integrity, appearance and/or temperature !

Use moisturizing agent to dry skin

Perform cleansing of skin when soiled ★ D !

Encourage the use of soft, loose-fitting clothing

Encourage exercise that promotes blood flow

Provide pressure-relief bed or mattress UpToDate ★

Evaluation**Activity:**

Mobility has

Cognitive:

Understanding of ways to prevent future skin breakdown has

Ability to identify appropriate dietary choices has

Nutritional:

Dietary intake has

Fluid intake has

Skin Integrity:

Risk for impaired skin integrity has

Ability to demonstrate warm and dry skin has

Circulation has to fullest extent possible
