# GENERAL HOSPITAL

#### **Risk Factors**

# Skin Integrity Impairment Risk Care Plan

#### Behavioral:

Lifestyle

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

#### Condition/Disease:

Advanced age UpToDate\* 🍁

Altered mobility

Chronic illness

Fecal incontinence

Immunologic status

Impaired circulation

Impaired nutritional status UpToDate\* 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 UpToDate \*\* me

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

### Cognitive:

Discuss precautions to protect skin integrity UpToDate\* UpToDate\* UpToDate\* UpToDate

Discuss treatment plan for related conditions UpToDate\* UpToDate\* UpToDate\* UpToDate

Discuss dietary adjustments UpToDate UpToDate UpToDate UpToDate UpToDate

#### **Nutritional:**

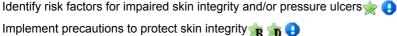
Evaluate nutritional intake UpToDate\*

Encourage fluid intake

Collaborate with dietitian

# Skin Integrity: 🌟 🚖





Monitor skin integrity, appearance and/or temperature

Use moisturizing agent to dry skin

Perform cleansing of skin when soiled 👘 🚺

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