



# Pressure Ulcers eCourse

## Knowledge Checkup Module 4

### Handout

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## Knowledge Checkup – Questions

1. What are nine strategies that we can use to develop and implement a preventive pressure ulcer program?
2. When is a good time to do daily skin inspections?
3. What should you document after doing a skin assessment on a patient?
4. What does nutritional intake need to be adjusted for?
5. Why is adequate protein intake important to prevent pressure ulcers?
6. Why is regular repositioning of a patient important?
7. What factors determine the appropriate frequency of repositioning?
8. What things should you keep in mind when repositioning a patient?

9. What are the major sources of moisture in patients?

10. How does moisture contribute to pressure ulcer development?

11. What steps should be taken to treat a patient's incontinence problem?

12. What are two good reasons to keep skin care supplies at the patient's bedside?

## Knowledge Checkup – Answers

1. Daily skin inspection, at-risk visual cues, documentation, nutritional intake, repositioning, pressure redistribution, managing moisture, incontinence, skin care supplies
2. Bathing, dressing and assisting the patient
3. Evidence of assessment, level of risk, plan of care, and any development of new pressure ulcers
4. Weight loss, weight gain and change in level of obesity
5. Protein deficiency makes soft tissue more susceptible to breakdown under pressure and decreased resistance to infection
6. It relieves and redistributes pressure, and enhances patient comfort
7. Patient's tissue tolerance; his level of activity and mobility; general medical condition; treatment objectives; and the condition of the skin
8. Avoid 90-degree lying positions; use 30-degree lateral and supine; head of bed lower than 30 degrees; use support surfaces; and keep written schedule
9. Perspiration/sweat, wound drainage and incontinence
10. Macerates the skin; increases friction; decreases temperature and blood flow during pressure load
11. Clothing that can be easily removed; physiotherapy; improved access to toilets; walking aids; regular toileting; regular cleansing and changing; skin barriers
12. Reduce nurse workload; good reminder to provide skin care regularly