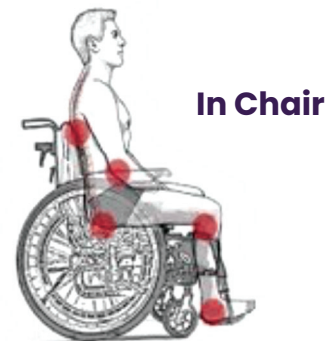
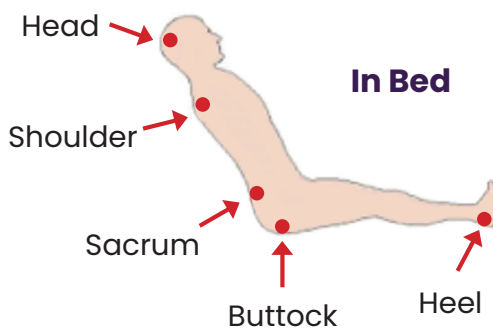


# Skin Care and Pressure Injury Prevention

These tips from Empath Health can assist caregivers with preventing new pressure injuries, assisting in healing pressure injuries and providing comfort and care to the patient.

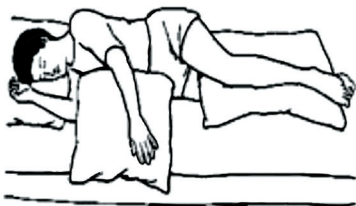
- In bed, change patient’s position every two hours.
- In chair, change patient’s position every 15-30 minutes.
- Provide incontinence care every two hours and when soiled.
- Relieve pressure by using pillows.
- Apply barrier cream as ordered.
- Report skin changes, pain, redness and new pressure injuries to Empath.
- Change wound dressing as needed.

## Pressure Ulcer (hot spots)



## Healing and Prevention

Positioning on the Side



Use of Pillows



Change Dressing



Call Empath Health if skin changes, pain, redness and new wounds are seen.

Call Empath Health with any questions (888) 855-2838: \_\_\_\_\_