

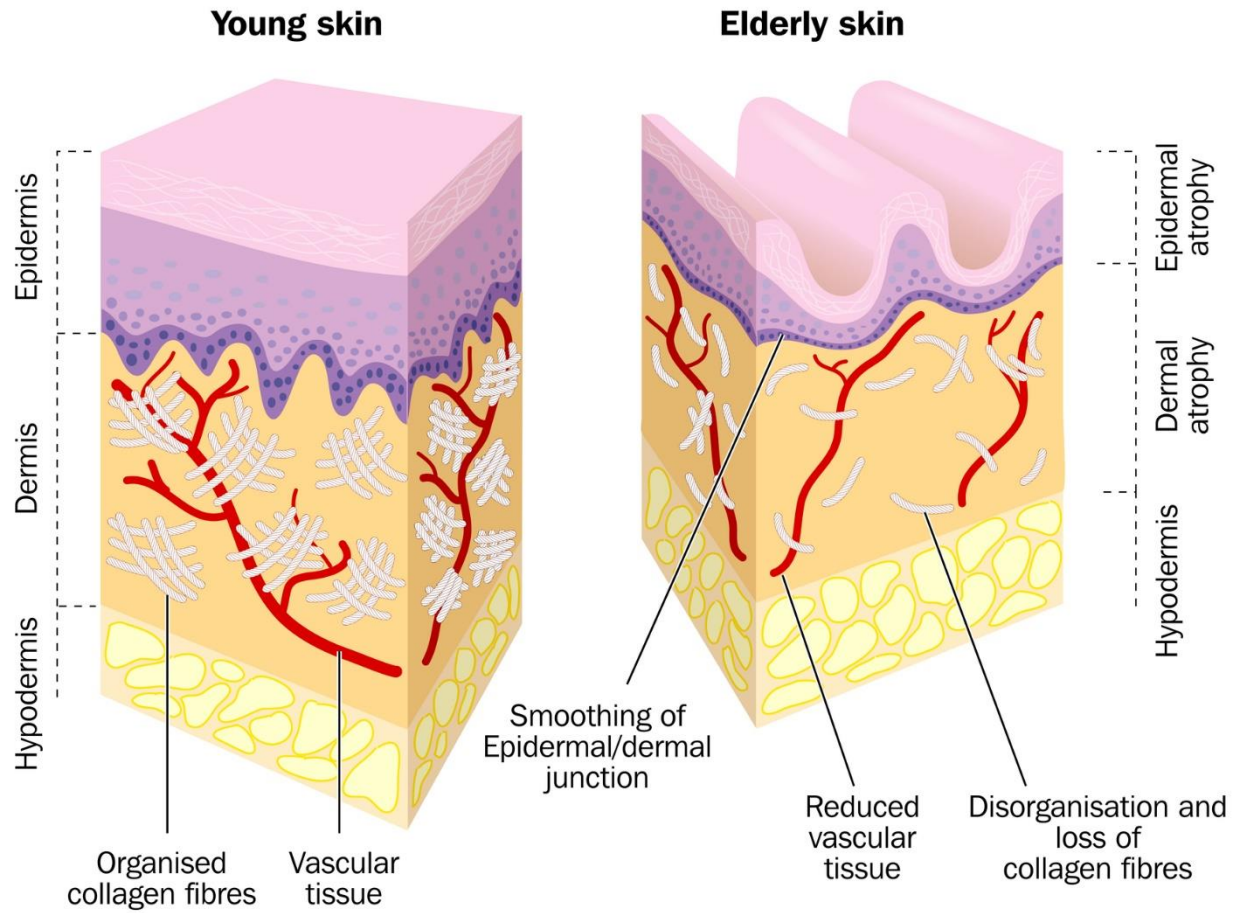
Skin Integrity and Pressure Injury Prevention in the Elderly

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Elderly



Layers of Skin



Common Types of Skin Breakdown

HAPI

- Pressure injuries
- Device Related Pressure Injuries
- Incontinent Associated Dermatitis

CAPI

IAD

- Moisture Associated Skin Dermatitis
- Skin Tears

ST

MASD

Why are the elderly more at risk?

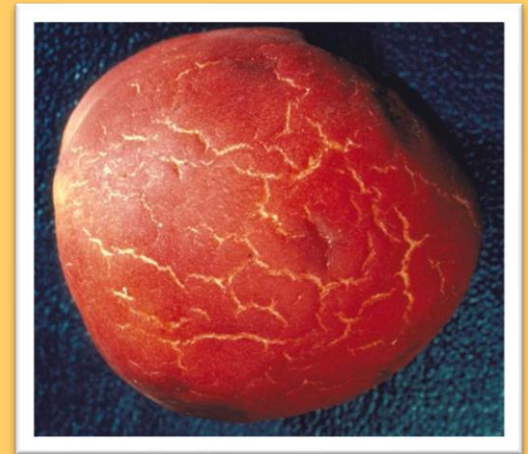
- Loss of fat and muscle reduces ability to dissipate pressure.
- Fragility of blood vessels and connective tissue.
- Medical conditions including heart disease, COPD, diabetes, stroke, neuropathy, PVD, paralysis
- Contractures and spasticity.
- Nutritional compromise
- Incontinence
- BEWARE of “Found down” and Rhabdomyolysis

They are
PEACHY!



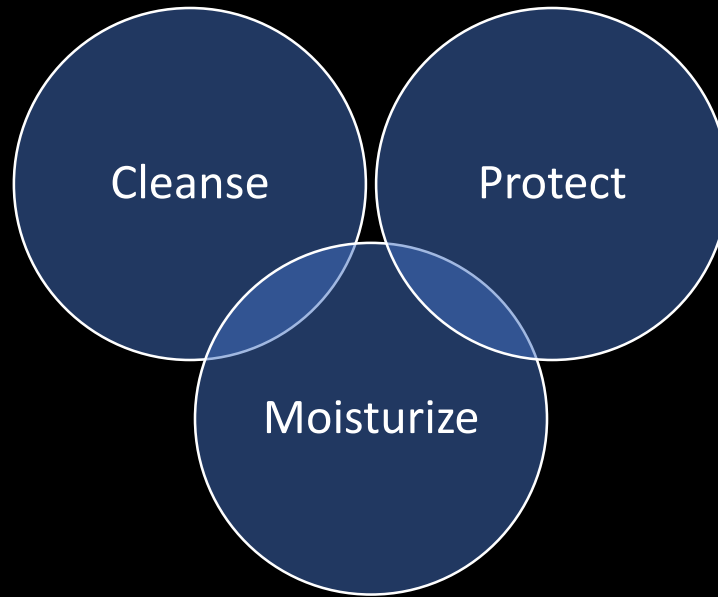
Peaches needs moisture And so does the skin

- Mild soap to prevent drying the skin
- Moisturizers to prevent skin tears



IAD and MASD

Acute care Prevalence of Incontinence- 46%
Over half of those patients had IAD



Barrier Creams



Urinary Containment devices



Fecal Containment Devices

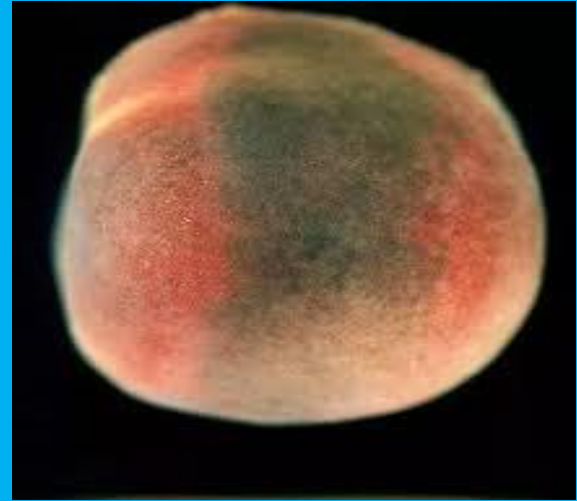


Are Pressure Injuries a Problem?

Patients who develop HAPI's:

- Had a longer length of stay. (4.8 vs 11.2 days)
- More likely to be readmitted within 30 days. (17.6% vs 22.6%)
- More likely to die during the hospital stay. (3.3% vs 11.2%)

Pressure is damaging



Deep Tissue Injury (DTI)



Location	Usually over a bony prominence
Shape	Irregular shaped
Color	Purple or maroon discoloration
Presentation	Sudden onset
Characteristics	Develops rapidly from discolored to blistering to full thickness.
Suspected time from presentation until death	Not related
Cause	Pressure &/or shear

<https://www.npuap.org/resources/educational-and-clinical-resources/npuap-pressure-injury-stages/>.

Kennedy's Terminal Ulcer (KTU)



Location	Usually on the sacrum
Shape	pear, butterfly or horseshoe, and irregular edges
Color	red, yellow, black or purple
Presentation	Sudden onset
Characteristics	Develops rapidly from discolored to blistering to full thickness.
Suspected time from presentation until death	Days to weeks
Cause	Theory that blood perfusion is problem caused by dying process.

<http://www.kennedyterminalulcer.com/>

Trombley Brennan Terminal Tissue Injury (TBTTI)



Location	May occur on any area of the body, including the trunk and LE's.
Shape	Butterfly or linear
Color	Pink, purple or maroon
Presentation	Sudden onset
Characteristics	Occurs suddenly and may appear as a bruise-like discoloration.
Suspected time from presentation until death	Hours to days
Cause	unknown

1. <https://www.npuap.org/wp-content/uploads/2017/03/Brennan-Mary-NPUAP-PPTFeb17.pdf>.
2. [Am J Hosp Palliat Care](#). 2012 Nov;29(7):541-5. doi: 10.1177/1049909111432449. Epub 2012 Jan 4.

Assessment

- Start at point of entry
- Complete skin assessment
 - Most common areas of skin breakdown
 - Other areas of skin breakdown
- Special focus on devices that cause skin breakdown
- Document everything:
 - Large scars
 - Discolorations
 - “Bruises”
- Who is documenting Pressure injuries?

Let's Get

SKINI !

Surface

Keep turned and repositioned

Incontinent management

Nutrition

Interventions (i.e. HOLD, foam drsg)

Our Precious Skin!

