

Case Study: Monika

Monika is a 57-year-old woman who had weight loss surgery 24 months ago. She weighed 520 pounds at the time of her surgery. She did poorly after surgery. She lost about 200 pounds in the first 6 months post operatively, not because of adherence to her weight loss program but because she was so ill. Monika was in the acute care hospital for 13 weeks, then long term acute care. She never progressed very well and now is in your skilled nursing facility.

Currently, Monika weighs 280 pounds and has excess skin around her belly, under her arms and on her upper legs. Numerous complications have left Monika unable to turn herself. The buttocks pressure injury that started in the acute hospital did not improve while in the long term acute care setting and has become a management problem simply because of challenges in turning and repositioning. The excess skin has been a special challenge for two reasons: 1) she has a rash between the skin folds, 2) the skin frequently gets caught under her body and becomes damaged from the weight of her body. Further, she occasionally develops incontinence associated dermatitis, which she often scratches and damages her skin.

Staff members are becoming tired of caring for Monika. Many express that they are developing fatigue and body aches (MSD) when assigned to Monika. You are concerned that the stress associated with caring for Monika may impact the level of sensitivity toward Monika. You are also concerned about the safety of your co-workers.

1) How can you safely turn Monika so you can treat the buttocks skin sore?

2) Who and what would you like to have to help you care for Monika?
Select one aspect of her care and explore your options.