

Pressure Ulcers

Primary Causes

Pressure

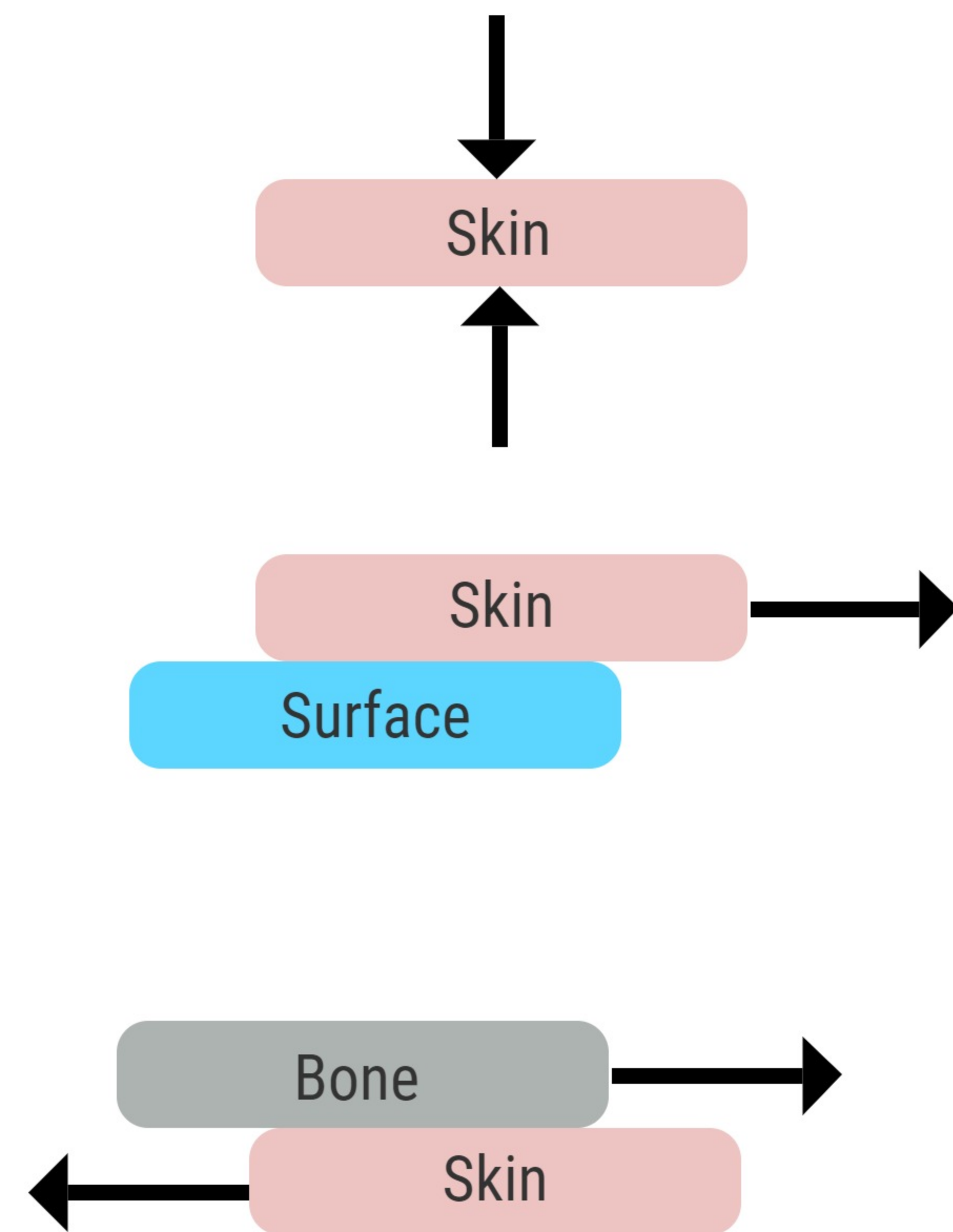
- Consistent pressure limits blood flow causing tissue damage in that area
- Increased pressures occurs at bony prominences such as the coccyx or hip

Friction

- Fragile skin may rub against another surface (clothing, sheets, etc.) causing injury to the skin

Shear

- Occurs when the internal body part is pulled in the opposite direction of the external body part (ex. bone move in opposite direction of skin)



Risk Factors

Immobility

Residents may have decreased mobility after surgery or an injury

Inadequate Nutrition

Skin is more vulnerable to breakdown if a resident has poor food and fluid intake



Limited Blood Flow

Vascular disease and other conditions can reduce blood flow to the tissues

Poor Sensation

Conditions such as diabetes can cause residents to have decreased sensation