

Skin Problems

Due to poor nutritional status and increasing immobility, all terminal patients are at risk for pressure ulcers. The risk can be decreased with aggressive measures to relieve pressure on high risk areas, improve circulation, and keeping bed sheets smooth, clean, and dry.

Comfort Measures:

- 1) Good position and body alignment
- 2) Turning patient at least every 2 Hours
- 3) Keeping local area dry, clean, and free of body wastes
- 4) Using pressure releasing devices such as pillows, pads, and air mattresses
- 5) Using techniques that reduce friction or pressure when repositioning the patient in bed, or transferring the patient from bed
- 6) Encourage mobility as much as possible

Medical Measures:

- 1) Stage I (redness): use creams, ointments, or sprays
- 2) Stage II (blister or skin break): use semipermeable dressing such as bioclusives or hydrocolloid dressing such as duoderm
- 3) Stage III (SQ destruction): use surgical debridement, hydrocolloid dressing, antimicrobials, hydrogen peroxide, or whirlpool therapy.
- 4) Stage IV (muscle or bone involvement): surgical debridement is needed

Appropriate oral or topical antibiotics may be used for skin and wound infections

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