

壓瘡預防與護理

Pressure Sore: Prevention and Nursing

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■ Definition of pressure sores

Pressure sores, commonly known as bed sores, are injuries to the skin caused by prolonged skin compression and other factors resulting in poor blood circulation.

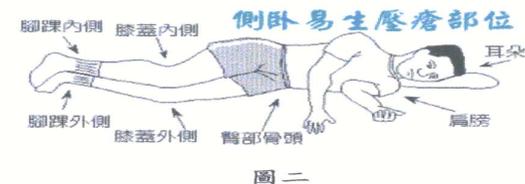
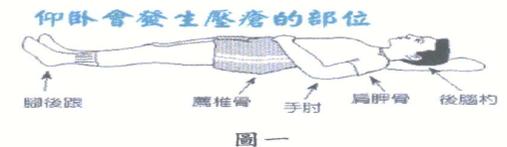
■ Causes of pressure sores

- Excessive friction of the skin tissue or prolonged compression
- Patients with cognitive impairment and chronic diseases have slower response and decreased frequency of limb movements. Common chronic diseases include diabetes, dementia, stroke, spinal cord injury and other neurovascular disease.

- Malnutrition
- Damp skin: such as fever, infection, edema, incontinence or chronic diarrhea.
- Uneven bed sheets: prolonged compression.

■ Sites prone to pressure sores

- Areas of increased skin creases: such as under the breasts, groin and scrotum
- Treatment-induced skin compression lesions: such as plaster splint, collar brace, back brace and other supportive device, nasogastric tube, Foley catheter, bandages and oxygen masks.
- Prominent bony protrusions: sacral vertebrae, scapula, ankle, elbow, as shown in Figure 1, 2, 3



■ Prevention of pressure sores

一、Maintain healthy skin integrity

- Keep the body clean and dry: use warm water and soap containing neutral pH or vitamin E to cleanse the skin. After skin is dry, apply appropriate amount of lotion. If the skin is damaged, do not apply skin with lotion.
- Appropriate amount of exercise and massaging the skin can promote blood circulation.
- Wear loose or comfortably fitting clothing and choose fabrics that are breathable and easily absorb sweat such as cotton. Keep clothes and bed sheets clean and dry.
- Patients using diapers should maintain dry skin of the perineum.
- Men with urinary incontinence should use urinary sheath (plastic sheath that collects urine)
- Do not drag the body when moving patients to avoid friction and damage to the skin.
- Check the skin every day for any swelling or damage. Pay attention to areas vulnerable to

pressure sores, survey for causes and seek for improvement

- If the skin becomes red or swollen etc., please seek medical attention.

二、Reduce local body pressure

- Maintain a smooth bed with evenly spread bed sheets to prevent skin compression from creases and tubes.
- Avoid clothes with buttons, deep creases or zippers, in order to prevent injuries to the skin.
- Changing positions: turn over at least once every 1~2 hours and use pillow for appropriate support. Pillow placement:
 - ◆ Supine: place pillow below head and legs.
 - ◆ Decubitus: place a pillow each between hands and legs to avoid limb friction and compression. Place another pillow behind the body to maintain posture.
- When in a wheelchair, you should change positions every 15~20 minutes, such as leaning forward or prop up the body for 10~20 seconds.

- Use air-cushion bed or waterbed to reduce pressure and to balance body weight and avoid stress on bony prominence. Do not use cushion ring

三、Attention to nutritional status

- Maintain a balanced diet: eat more green vegetables, fruits and high fiber foods; eat less fat.
- If no disease restrictions, eat foods rich in proteins such as milk, eggs, fish, meat as well as vitamins and mineral supplements such as vitamin C and zinc. Drink adequate amount of water everyday (2000~ 3000ml).

Should you have any inquiries related to prevention and nursing of pressure sores, please contact our staff anytime.

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We will be more than happy to assist you.

Sincerely, Cathay General Hospital.

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