Improve my skin

Five things you should know about keeping skin healthy

1. Keeping skin healthy is important for pressure ulcer prevention.

2. Once the skin breaks down, it is at even higher risk for further damage.

3. As people age, the skin changes, making it more vulnerable to damage. It may become dry, paper-thin and itchy.

4. Fluid from incontinence, perspiration and wound fluid can irritate skin and make it more prone to breakdown.

5. Reddened areas, or on darker skin, areas that are darker than usual, may indicate a breakdown is imminent.

For more information visit www.stopthepressure.com
**Improve my skin**

**How to keep skin healthy**

1. **Too dry**
   - a. Apply a moisturiser (cream or ointment) regularly to soften the skin, reduce scaling and ease itching. Apply in a downward direction.
   - b. Do not use excessive amounts of skin cream.
   - c. Skin should be patted dry, not rubbed.
   - d. Do not use traditional soaps and avoid creams that can irritate the skin.
   - e. Ensure the patient is receiving an adequate fluid intake.

2. **Too moist**
   - a. Use a barrier film or cream to keep fluid away from the skin.
   - b. Use a faecal management system if the cause is profuse or prolonged diarrhoea.
   - c. Use incontinence products when required.
   - d. Use an appropriate surface to manage the skin temperature and humidity.

3. **Document all barrier creams/films and topical emollients used and mark on body map.**

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**GREEN**

Where skin is intact and well hydrated: Inspect skin regularly, prevent prolonged exposure to moisture and manage skin temperature.

**AMBER**

Skin at risk of breakdown: Use appropriate products to maintain skin integrity. Select suitable support surface if due to pressure damage.

**RED**

Skin has broken down: Document area of damage and assess wound. If the wound is caused by moisture it is more likely to be a moisture lesion. Do not confuse with a pressure ulcer. Ensure you know the difference as all pressure ulcers must be reported (use Safety Cross).