

**Nursing 102 Care of Adults  
Clinical Preparation Week**

**Integumentary: Pressure Injuries**

**\*\* Due Friday, February 7<sup>th</sup> by 0830 to Mrs. Wingate's "Clinical Prep Integ Dropbox". \*\***

- 1.) Complete the following lesson in ATI Engage Medical Surgical RN:
  - o *Alterations in Tissue Integrity > "Pressure Injuries" and answer the questions within the lesson. (No need to print anything)*

- 2.) Then read the client profile and answer the questions below:

**Client Information:** Name: Robert Johnson

Age: 72

Gender: Male

Weight: 230 lbs

Height: 5'7"

Primary Diagnosis: Post-stroke hemiparesis (left-sided)

Secondary Diagnosis: Type 2 Diabetes Mellitus, Hypertension

Medical History: Obesity, peripheral neuropathy, chronic kidney disease (Stage 2)

Social History: Retired construction worker, widowed, lives alone, limited family support, receives home health visits twice weekly.

**Clinical Presentation:** Robert presents with a pressure injury on his sacral region identified during a routine home health visit. He has limited mobility due to left-sided weakness and primarily uses a wheelchair for mobility. He reports occasional incontinence and uses absorbent pads but has limited ability to reposition himself.

**Wound Assessment:**

- *Location: Sacral region, Stage 3 Pressure Injury (full-thickness tissue loss with visible adipose tissue)*
- *Size: 5 cm x 6.5 cm, depth 1.2 cm*
- *Exudate: Moderate amount, yellow and thick, pain: 6/10, worse with dressing changes*
- *Edges: Rolled edges noted, faint, musty odor*
- *Surrounding skin: Erythematous, warm to touch, no crepitus*

**Braden Scale Assessment:**

- 1.) Fill out a completed Braden Scale Assessment on Robert (Circle or highlight the values you select and total at bottom):

**BRADEN SCALE – For Predicting Pressure Sore Risk**

		SEVERE RISK: Total score ≤ 9		HIGH RISK: Total score 10-12		DATE OF ASSESS ➔				
		MODERATE RISK: Total score 13-14		MILD RISK: Total score 15-18						
RISK FACTOR	SCORE/DESCRIPTION						1	2	3	4
<b>SENSORY PERCEPTION</b> Ability to respond meaningfully to pressure-related discomfort	<b>1. COMPLETELY LIMITED</b> – Unresponsive (does not moan, flinch, or grasp) to painful stimuli, due to diminished level of consciousness or sedation, <b>OR</b> limited ability to feel pain over most of body surface.	<b>2. VERY LIMITED</b> – Responds only to painful stimuli. Cannot communicate discomfort except by moaning or restlessness, <b>OR</b> has a sensory impairment which limits the ability to feel pain or discomfort over ½ of body.	<b>3. SLIGHTLY LIMITED</b> – Responds to verbal commands but cannot always communicate discomfort or need to be turned, <b>OR</b> has some sensory impairment which limits ability to feel pain or discomfort in 1 or 2 extremities.	<b>4. NO IMPAIRMENT</b> – Responds to verbal commands. Has no sensory deficit which would limit ability to feel or voice pain or discomfort.						
<b>MOISTURE</b> Degree to which skin is exposed to moisture	<b>1. CONSTANTLY MOIST</b> – Skin is kept moist almost constantly by perspiration, urine, etc. Dampness is detected every time patient is moved or turned.	<b>2. OFTEN MOIST</b> – Skin is often but not always moist. Linen must be changed at least once a shift.	<b>3. OCCASIONALLY MOIST</b> – Skin is occasionally moist, requiring an extra linen change approximately once a day.	<b>4. RARELY MOIST</b> – Skin is usually dry; linen only requires changing at routine intervals.						
<b>ACTIVITY</b> Degree of physical activity	<b>1. BEDFAST</b> – Confined to bed.	<b>2. CHAIRFAST</b> – Ability to walk severely limited or nonexistent. Cannot bear own weight and/or must be assisted into chair or wheelchair.	<b>3. WALKS OCCASIONALLY</b> – Walks occasionally during day, but for very short distances, with or without assistance. Spends majority of each shift in bed or chair.	<b>4. WALKS FREQUENTLY</b> – Walks outside the room at least twice a day and inside room at least once every 2 hours during waking hours.						
<b>MOBILITY</b> Ability to change and control body position	<b>1. COMPLETELY IMMOBILE</b> – Does not make even slight changes in body or extremity position without assistance.	<b>2. VERY LIMITED</b> – Makes occasional slight changes in body or extremity position but unable to make frequent or significant changes independently.	<b>3. SLIGHTLY LIMITED</b> – Makes frequent though slight changes in body or extremity position independently.	<b>4. NO LIMITATIONS</b> – Makes major and frequent changes in position without assistance.						
<b>NUTRITION</b> Usual food intake pattern  <sup>1</sup> NPO: Nothing by mouth. <sup>2</sup> IV: Intravenously. <sup>3</sup> TPN: Total parenteral nutrition.	<b>1. VERY POOR</b> – Never eats a complete meal. Rarely eats more than 1/3 of any food offered. Eats 2 servings or less of protein (meat or dairy products) per day. Takes fluids poorly. Does not take a liquid dietary supplement, <b>OR</b> is NPO <sup>1</sup> and/or maintained on clear liquids or IV <sup>2</sup> for more than 5 days.	<b>2. PROBABLY INADEQUATE</b> – Rarely eats a complete meal and generally eats only about ½ of any food offered. Protein intake includes only 3 servings of meat or dairy products per day. Occasionally will take a dietary supplement <b>OR</b> receives less than optimum amount of liquid diet or tube feeding.	<b>3. ADEQUATE</b> – Eats over half of most meals. Eats a total of 4 servings of protein (meat, dairy products) each day. Occasionally refuses a meal, but will usually take a supplement if offered, <b>OR</b> is on a tube feeding or TPN <sup>3</sup> regimen, which probably meets most of nutritional needs.	<b>4. EXCELLENT</b> – Eats most of every meal. Never refuses a meal. Usually eats a total of 4 or more servings of meat and dairy products. Occasionally eats between meals. Does not require supplementation.						
<b>FRICION AND SHEAR</b>	<b>1. PROBLEM</b> – Requires moderate to maximum assistance in moving. Complete lifting without sliding against sheets is impossible. Frequently slides down in bed or chair, requiring frequent repositioning with maximum assistance. Spasticity, contractures, or agitation leads to almost constant friction.	<b>2. POTENTIAL PROBLEM</b> – Moves feebly or requires minimum assistance. During a move, skin probably slides to some extent against sheets, chair, restraints, or other devices. Maintains relatively good position in chair or bed most of the time but occasionally slides down.	<b>3. NO APPARENT PROBLEM</b> – Moves in bed and in chair independently and has sufficient muscle strength to lift up completely during move. Maintains good position in bed or chair at all times.							
<b>TOTAL SCORE</b>	Total score of 12 or less represents HIGH RISK									

SENSORY PERCEPTION: 2

MOISTURE: 2

ACTIVITY: 3

MOBILITY: 2

NUTRITION: 3

FRICION AND SHEAR: 1

TOTAL SCORE: 13, MODERATE RISK

2.) Identify 3 risk factors for skin breakdown Robert has?

- Robert is a post stroke patient and has left sided hemiparesis due to the stroke. This means he has fewer perception and mobility on that specific side which may cause him to accidentally not notice any stress or ulcers from that side.
- His lack of consistent support that causes him to rely on his own abilities is another risk factor for skin breakdown. He is often exposed to moisture due to

some incontinence and probably has difficulties getting in and out of bed to due changes and consistent turning.

3. Type 2 diabetes is another great risk factor Robert has for skin breakdown. Diabetes causes neuropathy and poor circulation, which the body needs to get good flow and to feel any pain which would cause someone to naturally turn.

3.) Write a nurse’s note on the skin assessment with an intervention you would implement as well as a re-assessment:

<b>Time</b>	<b>Relevant Assessments</b> Indicate pertinent assessment findings.	<b>Time</b>	<b>Multidisciplinary Team Intervention</b> What interventions were done in response to your abnormal assessments?	<b>Time</b>	<b>Reassessment/Evaluation</b> What was your patient’s response to the intervention?
0900	Braden Score: 13 Stage 3 Pressure Injury: yellow exudate, 5cmx6.5cm, musty odor, 6/10 pain during dressing changes	0910	Provided pain medication for dressing change (Ibuprofen/Acetaminophen) DSD provided; barrier cream applied. Wedges provided to remove excess stress on existing ulcer	1100	Assessed pain score on 1-10 scale. No new pressure injuries in other locations. Stage 3 pressure injury has remained stage 3. Dressing clean dry and intact. Erythema, no pain, pallor, drainage.
1000	Checked for signs of any newer pressure injuries: Inspected the skin for redness, sores, or breakdown, especially in areas under pressure	1010	Educated on pressure injury prevention strategies: adequate nutrition, ambulation/frequent movement, elevation.	1015	Elevation maintained. Teach back provided of understanding of prevention strategies.

4.) Identify 3 Pressure Injury Prevention Strategies you would implement for Robert knowing his Braden score:

- a. Turns every 2 hours and elevation of bony prominences to reduce stress and friction.
- b. Adequate nutrition, high protein intake and lots of fluids to promote healthier and stronger skin.
- c. Promote movement, when possible, by Robert. Assist in getting to wheelchair so Robert has more independence and isn’t stuck to bed all the time.