



## Skin Injury Risk Increased Education

### Risk Factors

- Older age
- Fluid and nutrition status
- Infection
- Disease Process
- Moisture
- Diabetes

### Signs & Symptoms

- Decreased in sensation
- Dry skin
- Localized warmth
- Pain
- Redness
- Agitation
- Pruritus (itchy sensation)



### Self-Management

- Basic Skin Care
  - o Keep the skin clean and dry.

- o Use skin barrier moisturizer to prevent the dry skin.
- Proper Food & Fluid Intake
  - o Stay hydrated.
  - o Have proper nutrition.
    - If needed, eat small, frequent, nutritious meals.
- Prevention Measures
  - o Check skin for any changes. Including:
    - Redness, warmth, swelling, even broken skin
  - o Change in position often.
- Sleep & Rest
  - o Getting enough sleep and rest is important for healing and being active.
  - o Bedtime routine, if you don't already have one. It may help facilitate better sleep.