

OASIS Alert

Tool: Try These Interventions for Pressure Ulcer Prevention

Avoid massaging reddened bony prominences.

If the pressure ulcer risk assessment you've conducted indicates a risk, it's time to care plan for interventions. This chart from WoundConsultations.com, based on subscales of the Braden Scale for Predicting Pressure Sore Risk, can help you choose appropriate actions.

Other considerations:

- Tissue perfusion and oxygenation
- Infection/colonization
- Metabolic disorders (e.g. diabetes)
- Pharmacy (e.g. steroids, chemotherapy)
- Immunosuppression
- Other systemic disorders (malignancy, inflammatory disorders, obesity)

Do not massage reddened bony prominences. Do not use donut devices. Avoid drying skin. Maintain good hydration.

Note: This tool was developed by **Sue Hull, MSN, RN, CWOCN**, of **WoundConsultations.com** in Craig, Alaska. Visit the website at www.woundconsultations.com.

