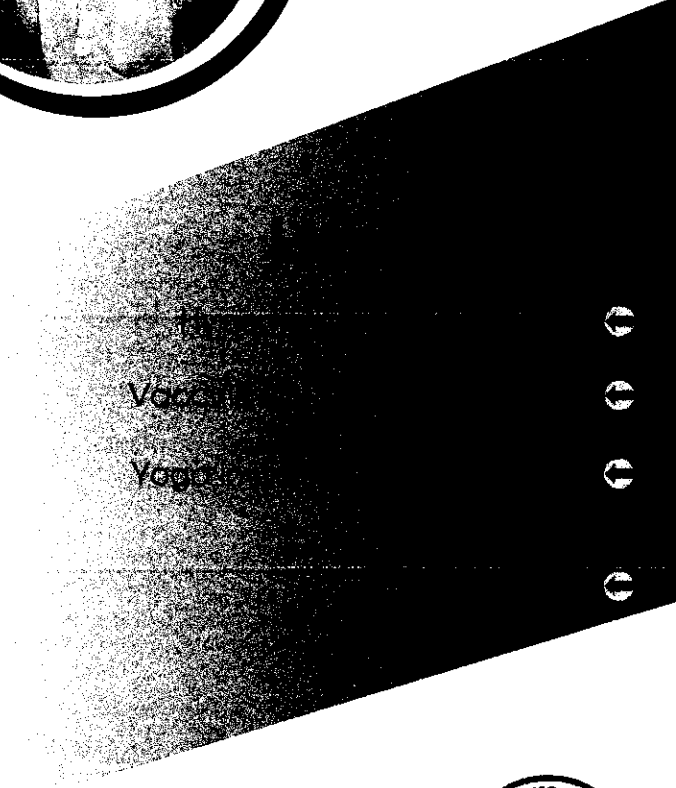
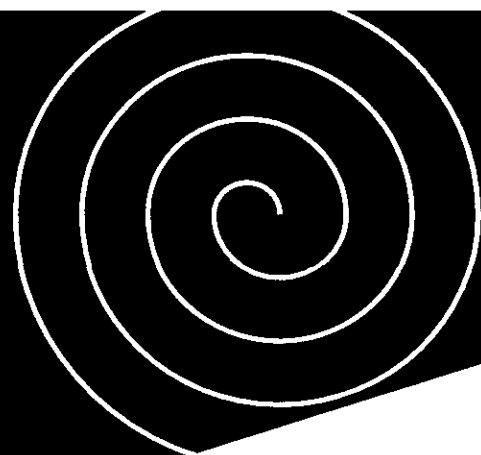


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PRACTICAL TIPS

Prevention of Bedsores in the Elderly

Vigneshwaran S*, Ambali AP**, Mudassir Indikar***

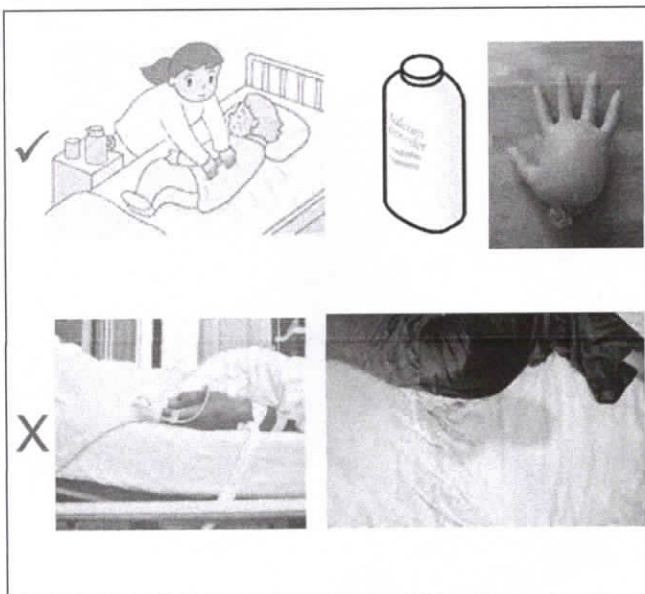
Pressure ulcer is a matter of concern for caregivers and medical personnel. Pressure ulcer has been defined as an area of unrelieved pressure, usually over a bony prominence leading to ischemia, cell death and tissue destruction. It is a common cause of Mortality in bedridden patients.

Do's

- Make a gentle lift to move the patient from bed.
- Frequent changing of patient's position in bed is advised.
- Motivate the patient to move every 2nd hourly.
- Use of trapeze bars for self-movement of patient in bed.
- Pay special attention to skin areas with little fat padding, such as bony prominences (ankle, elbow) which are more prone for developing pressure ulcers.
- Use of pressure relief devices such as pillows, foam cushions, alternating pressure mattresses, air fluidised beds, gel heel protectors is recommended.
- Put patient on stool and urine voiding schedule.
- Routine check & change of diapers have to be practised in hospital for bed-ridden patients.
- Check bedsheets for sweat & urine regularly.
- Talcum powder application on patient's skin to prevent from getting wet from sweat.
- Application of lubricant like coconut oil are advised to moisturize dry skin.
- Always keep the bed sheets clean of food debris & crumbs.
- Make sure the patient is not lying over chest lead wires, or I.V drip set.
- Inspect for sacrum daily.
- Daily changing of wound dressing is advised in case of patient presenting already with bed sore.
- Place water filled gloves below bony prominence areas.
- Use breathable limb restraints to restrict altered behaviour of elderly patients in emergency care.

Don't's

- Make the elderly to lie on hard surfaces, floor mats.
- Drag the patient while propping up in bed.
- Drag the bedsheets while shifting the patient from bed to trolley.
- Massage of pressure areas are no longer recommended.
- Let the diaper in patient until it becomes heavy.
- Spill the food while feeding the patient in bed.
- Tie clothes over limbs to restrict the patient.
- Stick plasters over the skin of elderly patient.
- Use rough fabric while giving towel bathing to patient.
- Let the elderly wear crepe bandage or varicose shocks for long time in a day.



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