



## **Home Health Aide On-the-Go In-Service Lessons: Vol. 10, Issue 11: Preventing Pressure Ulcers**

*Beacon Health a division of HCPro, Genevieve Gipson RN M.Ed RNC*

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### **OVERVIEW**

Pressure ulcers are an unfortunate and painful consequence of patient immobility. Home health aides are on the front line in skin breakdown recognition and therefore have a responsibility to report pressure ulcers when they form. In addition, they must manage the comfort and recovery of patients who develop them. This in-service reveals common pressure sites and teaches aides how to take appropriate actions to prevent patients in the home from developing pressure ulcers.

### **LESSON OBJECTIVES**

After completion of this program, the home health aide will be able to:

- Discuss functions of the skin
- Identify patients at risk for skin breakdown
- Describe the signs and symptoms of skin breakdown
- Identify locations that are prone to skin breakdown
- Recognize factors that contribute to skin tears and skin breakdown
- Observe and report the condition of a person's skin
- Determine action steps the home health aide can take to prevent patient skin breakdown

### **Contents of this lesson:**

- A clearly written fact sheet
- A 10-question post-test to measure understanding of the subject matter
- An answer sheet with a place for the instructor's comments and signature
- An illustrative, homecare-specific case study
- Suggested supplemental learning activities
- An attendance log and certificate of completion



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