

NRS
DATE INITIAL

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- 3. Exercise to increase circulation and bring nutrients to the wound.
- 4. Avoid alcohol and cold temperatures, which constrict blood vessels.
- D. Provide a controlled moist environment.
 - 1. Lubricate dry skin.
 - 2. Use ointments to protect skin from excessive moisture and incontinence.
 - 3. Use skin-care products as recommended (i.e., hydrocolloid dressings and Tegaderm).
 - 4. Deep wounds require packing to absorb drainage.
- E. Activity
 - 1. Change position every 2 to 3 hours while in bed or chair.
 - 2. Increase activity as tolerated.
 - 3. Teach safe transfer methods.
 - 4. Teach active and passive range of motion.
- F. Stress the importance of frequent checks of pressure points (sacrum, hips, heels, elbows, ears, and thoracic spine).

VI. The client/caregiver can list possible complications.

- A. Infection
- B. Septicemia

RESOURCES

Durable medical equipment companies for pressure-relief devices

Nurse wound therapist consult

Occupational or physical therapist consult

Dietician consult

Home health aid

REFERENCES

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