

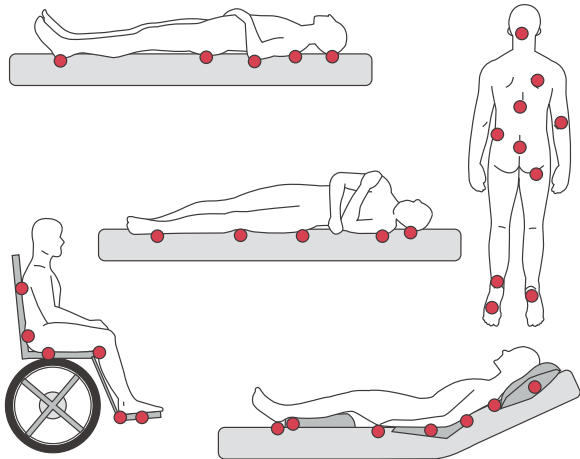
PRESSURE ULCERS

Pressure points

 **Red circles indicate pressure points.**



It's Time To Take The Pressure Off!



Remember:

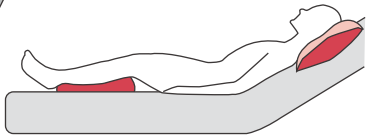
- Know who's at risk
- Help resident eat right and drink fluids
- Make sure pressure is off the heels
- Remember to keep the skin dry
- Examine the skin daily

Use the 5 pillow rule:

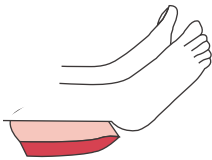
- Pillow 1:** under legs to elevate heels
- Pillow 2:** between the ankles
- Pillow 3:** between the knees
- Pillow 4:** behind the back
- Pillow 5:** under the head

PRESSURE ULCERS

Proper position while on side



**Head of bed elevation
limited to 30 degrees or less**



Proper heel placement

Pressure Ulcer Reduction Tips:

- Follow a written turning/positioning schedule
- Turn every two (2) hours in bed
- Use pressure reduction devices heels and chairs
- Use lift sheet or device shear and friction



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