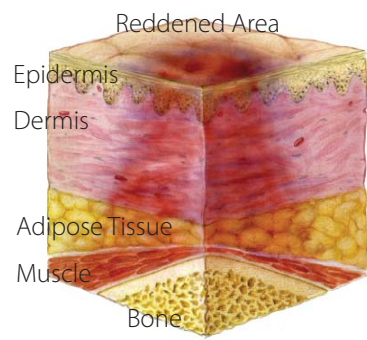


# Pressure Ulcer GUIDES

## Staging Positioning

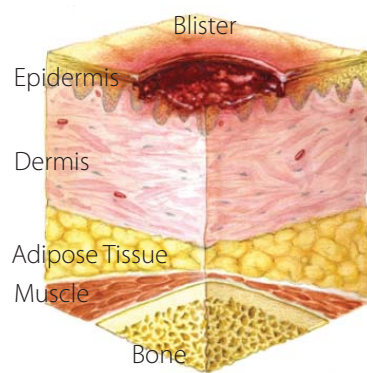
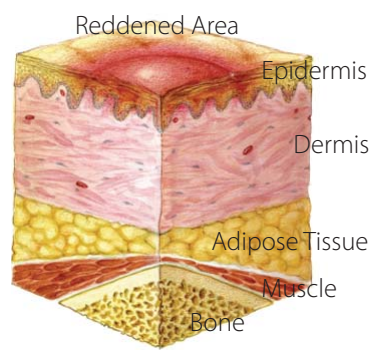
### Suspected Deep Tissue Injury



Purple or maroon localized area of discolored intact skin or blood-filled blister due to damage of underlying soft tissue from pressure and/or shear. The area may be preceded by tissue that is painful, firm, mushy, boggy, warmer, or cooler when compared with adjacent tissue.

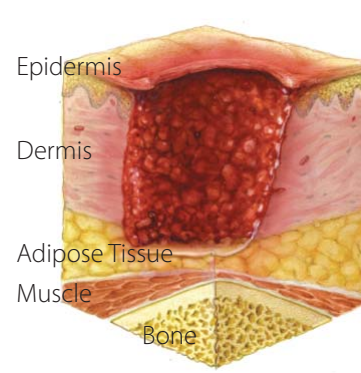
### Stage I

Intact skin with non-blanchable redness of a localized area, usually over a bony prominence. Darkly pigmented skin may not have visible blanching; its color may differ from the surrounding area.



### Stage II

Partial thickness loss of dermis presenting as a shallow open ulcer with a red/pink wound bed, without slough. May also present as an intact or open/ruptured serum-filled blister.

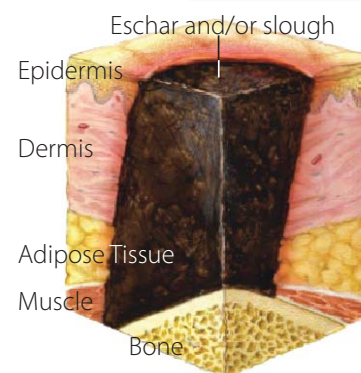
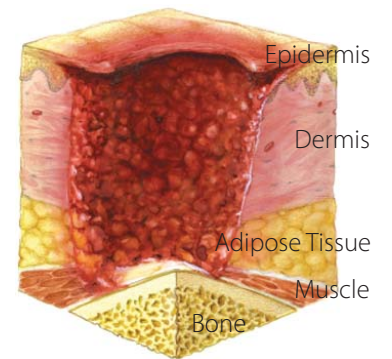


### Stage III

Full thickness tissue loss. Subcutaneous fat may be visible, but bone, tendon, or muscle are not exposed. Slough may be present but does not obscure the depth of tissue loss. May include undermining and tunneling.

### Stage IV

Full thickness tissue loss with exposed bone, tendon, or muscle. Slough or eschar may be present on some parts of the wound bed. Undermining and tunneling may be present.



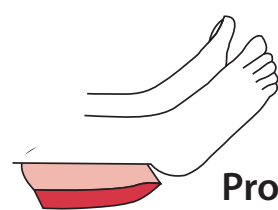
### Unstageable

Full thickness tissue loss in which the base of the ulcer is covered by slough (yellow, tan, gray, green, or brown) and/or eschar (tan, brown, or black) in the wound bed.



Proper position while on side

Head of bed elevation limited to 30 degrees or less

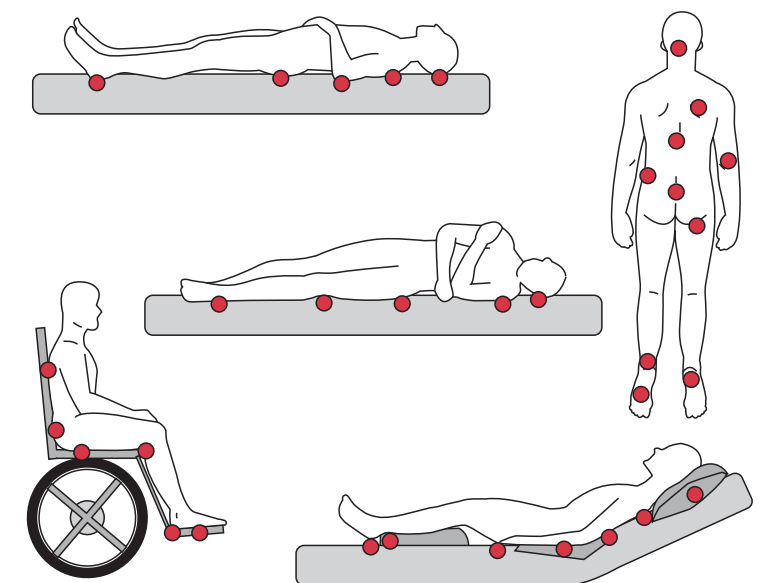


Proper heel placement

### Pressure Ulcer Reduction Tips:

- Follow a written turning/positioning schedule.
- Turn every two (2) hours in bed; reposition every hour in a chair.
- Use devices that totally relieve pressure on the heels (e.g., place pillows under the calves to raise heels).
- Use a lift sheet or other device to reduce shear and friction when repositioning a patient in bed.

Red circles indicate pressure points.



### Remember:

- Know who's at risk.
- Ensure proper nutrition and fluid intake.
- Make sure pressure is off the heels.
- 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