

Promoting Healthy Skin in Long-Term Care

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Purpose of a Skin & Wound Care Program

- ❖ To promote healthy skin. Healthy skin reflects a healthy body
- ❖ To prevent complications of impaired skin integrity such as local and systemic infection
- ❖ Enhanced sense of well-being for our residents



Healthy Skin Starts With Good Staff Communication

- ❖ Stable staff enhances communication
- ❖ C.N.A.s are required to report any skin problems to their nurse
- ❖ Nurses are required to do weekly skin assessments
- ❖ Nurses are required to notify Wound Nurse of any skin issues



Initial Identification of Skin Disorder

- ❖ Nurse makes a thorough assessment of wound including appearance, location, and measurements
- ❖ Nurse documents in detail the events surrounding identification of the wound
- ❖ Once a skin disorder is identified, provider is notified and new orders noted



Communication

- ❖ Family or POA must be notified and documented
- ❖ Care plan is updated with interventions and outcomes
- ❖ Change of Condition Worksheet is updated
- ❖ Wound nurse is notified of skin disorder



Wound Nurse Responsibilities

- ❖ Attends continuing education seminars regarding skin care
- ❖ Assesses and makes recommendations to providers
- ❖ Keeps an updated log of all wounds in facility



Wound Nurse Responsibilities (cont.)

- ❖ Weekly wound rounds with documentation on each wound in facility
- ❖ Assess for appropriateness of treatment and update practitioners
- ❖ Interdisciplinary communication: Provider, Administrator, DON, MDS Coordinator, Diet Tech



Wound Nurse Responsibilities (cont.)

- ❖ Document weekly on each wound
- ❖ Prepare quality assurance report addressing all skin issues including causes, clustering, and treatments



Pressure Ulcers

- ❖ If present upon arrival to facility document thoroughly
- ❖ Acquire appropriate pressure relieving devices
- ❖ Provider may want to have labs drawn to assess metabolic and nutritional status
- ❖ Nutritional interventions:
 - Increase protein
 - Add multivitamin or vitamin C and zinc to promote wound healing



Wound Healing

- ❖ Signs of wound healing should begin within one week
- ❖ Consider new treatment if no evidence of healing is observed
- ❖ Use advanced wound care products
- ❖ Document patient condition, compliance with treatment, evidence of preexisting scar tissue, and any comorbidities that may inhibit wound healing



Conclusion

- ❖ Design a comprehensive wound and skin care program that includes staff communication and education
- ❖ Staff development and retention
- ❖ Communicate effectively
- ❖ Assess and document thoroughly
- ❖ Reassess and modify skin care when needed
- ❖ Healthy skin can be successfully maintained with devoted teamwork

