Use **SKIN** to manage & prevent pressure damage

**S**urface
- Mattress type can relieve pressure areas
- Check cushions: Some don't relieve pressure
- Check equipment integrity
- Use specialist equipment when needed

**S**kin inspection
- Early inspection = early detection
- Full daily skin inspection
- Educate on early signs of pressure damage
- Check vulnerable areas - BEST SHOT

**K**eep moving
- Getting up, dressed & moving
- Changing position every 2 hours
- Encourage independent movement
- Keep on the go with floss
- Relieve pressure

**I**ncontinence/moisture
- Barrier creams seal out wetness
- Prevent moist weakened vulnerable skin
- Continence wipes for personal use
- Emollients prevent skin dehydration

**N**utrition/hydration
- Healthy diet = speeds up healing process
- Monitor food & fluid intake - consider Dietician
- Complete MUST nutritional assessment
- Weight extreme increases risk