

Special Topic – SOS -Save Our Skin  
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Goal is to prevent wounds.

- Skin is our largest organ and protects from infection, regulates body temperature, helps to process vitamin D. Skin also helps to rid of waste products and salt.
- Check skin 2 x a day – morning and evening. Incorporate into routine same as brushing teeth using a mirror or partner with caregiver for accurate skin check.
- Skin will not heal until pressure removed.

Stages of Pressure Ulcers

Stage 1 – Redness is not going away when pressure removed. Make an appointment to evaluate and decide where pressure coming from to cause redness.

Stage 2 – First layer of skin removed. Similar to a “skinned knee”.

Stage 3 – Full thickness – into the deeper layer of body

Stage 4 – Pressure ulcer all way to the bone. Can take years to heal and often requires surgery.

Deep Tissue injury – Skin can be intact but is deep purple.

Burns

Decreased sensation is also risk for burns.

- Check water temperature before bathing.
- Check for hot spots on equipment, patio furniture, seat belts.
- Use a tray for transporting food from microwave.

Burn treatment : See doctor immediately

Incontinent Dermatitis – Skin can absorb urine and feces and breakdown.

- Eliminate or reduce exposure.
- Apply barrier cream
- Create daily schedule for inspections. Use smartphone for alarm and/or reminders for care.

Nutrition for healing

- Meat and protein needed for skin growth
- Vitamins C and Zinc

Resources : Research WOCN – Wound, Ostomy, Continent Nurse in your area. Wound, Ostomy, Continent Nurse Society will have listing of nurses in specializing in wound care.

Gillette Specialty Hospital has a video on caring for skin which can be accessed through Gillette website.  
[www.gillettechildrens.org](http://www.gillettechildrens.org)