



Rethinking Your Position

Simple Things You Can Do
to Promote Pressure Relief

Hints for Health from Elara Caring



Repositioning in Bed

- ✓ Change position every 2 hours.
- ✓ Use a trapeze bar if needed to change position.
- ✓ Tilt, lean or shift; don't slide or glide.
- ✓ If assisting, use bed linens to help lift or reposition which will help avoid friction.
- ✓ A special mattress (foam, air, gel or water) can help relieve pressure and protect vulnerable areas from damage.
- ✓ No elevation on the head of bed is ideal, but definitely no more than 30 degrees.
- ✓ Bony areas should be positioned properly and cushioned.
- ✓ No two skin surfaces should rest against each other. Use pillows or foam pads (not blankets or folded towels) to separate areas that tend to touch.
- ✓ Cushions are helpful between knees, ankles and on the heels.



Repositioning in a Wheelchair

- ✓ Change position every 15 to 30 minutes.
- ✓ Perform wheelchair push-ups: push on the arms of the chair and raise your body off of the seat.
- ✓ Use a specialized wheelchair which tilts and redistributes pressure.
- ✓ Use pressure relieving seat cushions (not a doughnut).

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Nutrition

- ✓ A healthy diet with a balance of protein, vitamins and minerals is vital to healthy skin.
- ✓ You may need supplements such as vitamin C or zinc.
- ✓ Sometimes regular food is not enough, especially if you have a poor appetite... liquid nutrition may help your skin health.
- ✓ Stay hydrated! Fluids are essential to keep skin in the best condition possible



Skin Care

- ✓ Clean skin with mild soap and water and gently pat thoroughly dry.
- ✓ Inspect and check high risk areas daily. Use a mirror for areas difficult to see or ask for help from your caregiver, partner or Elara Caring clinician.
 - Sacrum (lower back)
 - Coccyx (tailbone)
 - Heel of foot
 - Ischium (the base of the buttocks)
 - Trochanter (hip)
 - Elbow
 - Knee
 - Ankle
 - Toes and bony areas of foot
 - Back of head
- ✓ As soon as you notice discoloration take special care to stay off of that pressure point until it returns to normal.
- ✓ Dry skin should have lotion applied (not in between toes).
- ✓ Urinary or bowel incontinence should be closely managed to prevent and minimize moisture exposure.
- ✓ Ask for help when using the restroom if needed, change diapers or pads frequently, and use protective lotions on healthy skin.



Other Strategies

- ✓ Move it or Lose It: Stay active. Keep moving in order to build up muscle, keep up your appetite and promote overall body strength.
- ✓ If you smoke... seriously consider quitting. Although this is a tough decision, it is one that can make a huge difference in so many areas of your health.

Do you have questions or concerns?

We Can Help

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