

Table 25-1: Guidelines for Caregiver Teaching Related to Skin Care

- Inspect skin every day for any pink or reddened areas and report immediately to physician or nurse.
- Avoid massage over bony prominences.
- Minimize skin exposure to urine or feces from incontinence, or perspiration.
- Avoid rubbing skin with washcloth or towel when bathing and drying.
- Cleanse skin at time of soiling and at regular intervals.
- Use gentle cleansers such as Dove or Neutrogena.
- Avoid deodorant soap.
- Avoid hot water.
- Turn patient frequently. (Every 1-2 hours in bed. Reposition when in wheelchair.)
- Use pull sheets to move or reposition patient in bed. Do not drag patient across bed to reposition.
- Maintain adequate dietary intake of protein, calories, and fluids, avoiding caffeine and alcohol.