Introduction to Pressure Injuries

Pressure injuries, otherwise known as pressure injuries, are an injury to the skin or underlying structures usually over a bony prominence caused by prolonged force. This force compresses tissue and hinders blood flow to that portion of the body.

Exercise: Identify the bony prominences below by matching the number with the term.

_______ Toe
_______ Ear
_______ Elbow
_______ Knee
_______ Trochanter
_______ Pelvis
_______ Occiput
_______ Coccyx
_______ Iliac Crest
_______ Scapula
_______ Shoulder
_______ Heel
_______ Malleolus
_______ Spinous Process

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Introduction to Pressure Injuries - Answer Key

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Exercise: Identify the bony prominences below by matching the number with the term.

14   Toe
2    Ear
6    Elbow
11   Knee
10   Trochanter
9    Pelvis
1    Occiput
8    Coccyx
7    Iliac Crest
3    Scapula
5    Shoulder
13   Heel
12   Malleolus
4    Spinous Process

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Introduction to Pressure Injuries Assessment

**PART ONE:** Practice finding and assessing the injuries using the following steps. Document your findings on the back of this page.

Knock, enter room and provide for privacy

Identify yourself with name and title (student nurse, medical assistant, nurse aide, etc.)

Wash your hands with sanitizer or soap/water

Identify patient by asking name and date of birth. State that you would verify this information with a medical record.

Explain the procedure to the patient and ask if they have any questions

Begin assessment at the head and progress to the toes looking at the bony prominences

When a pressure injury is found, document the following:

- Anatomic location
- Stage of pressure injury
- Size (length, width and depth in centimeters)
- Tracts or tunneling
- Drainage
- Necrotic tissue
- Wound bed (granulation tissue present?)
- Odor
- Pressure injury edges and surrounding skin (redness, warmth, induration (hardness), swelling and signs of infection)

When finished with your assessment, ask your patient if they are comfortable and if they have any questions

Wash your hands with sanitizer or soap/water and exit the room