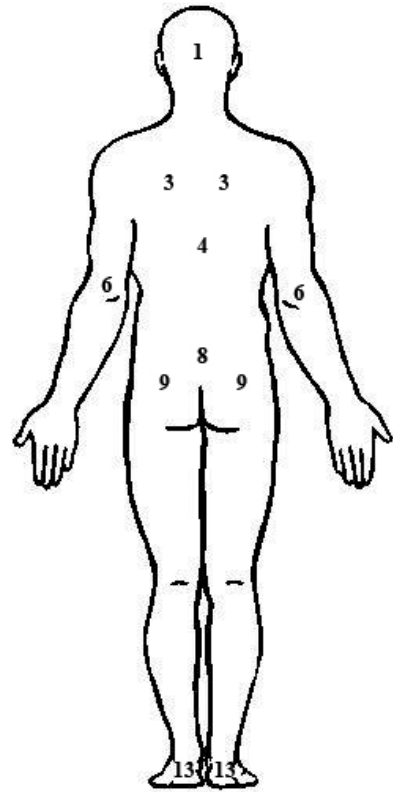
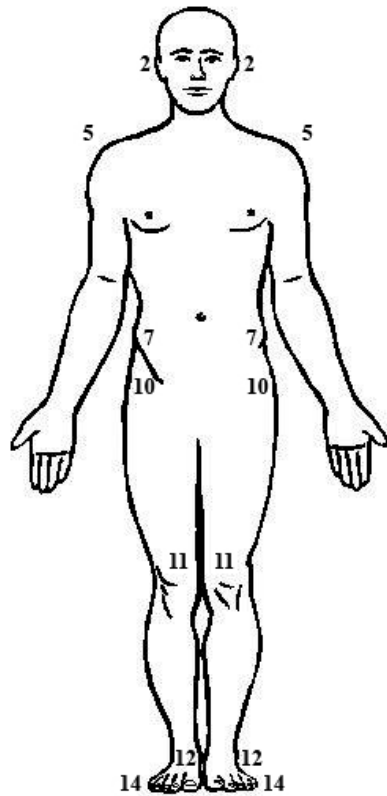


Introduction to Pressure Injuries

Pressure injuries, otherwise known as pressure ulcers, 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



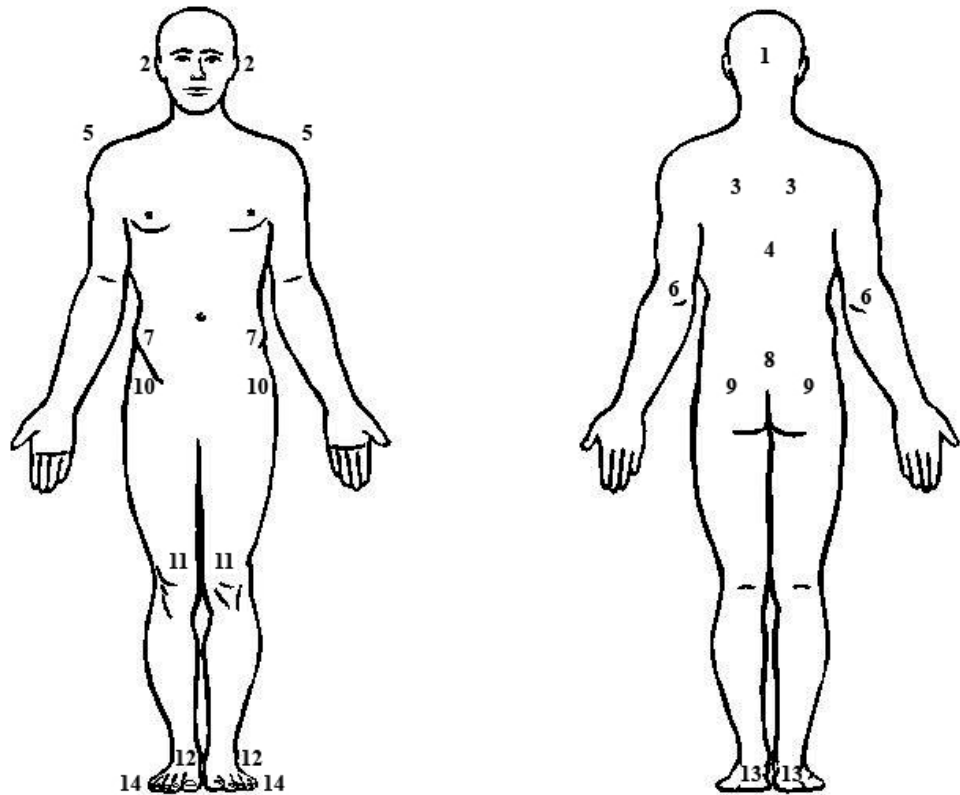
Open source picture: http://www.clipartpanda.com/clipart_images/12-outline-of-human-body-34636805
Reference: National Database of Nursing Quality Indicators (2016). Pressure Ulcer Training. Retrieved from <https://members.nursingquality.org/NDNQIPressureUlcerTraining/Default.aspx>

Introduction to Pressure Injuries - Answer Key

Pressure injuries, otherwise known as pressure ulcers, 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.

- 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



Open source picture: http://www.clipartpanda.com/clipart_images/12-outline-of-human-body-34636805
Reference: National Database of Nursing Quality Indicators (2016). Pressure Ulcer Training. Retrieved from <https://members.nursingquality.org/NDNQIPressureUlcerTraining/Default.aspx>

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: <ul style="list-style-type: none">• 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