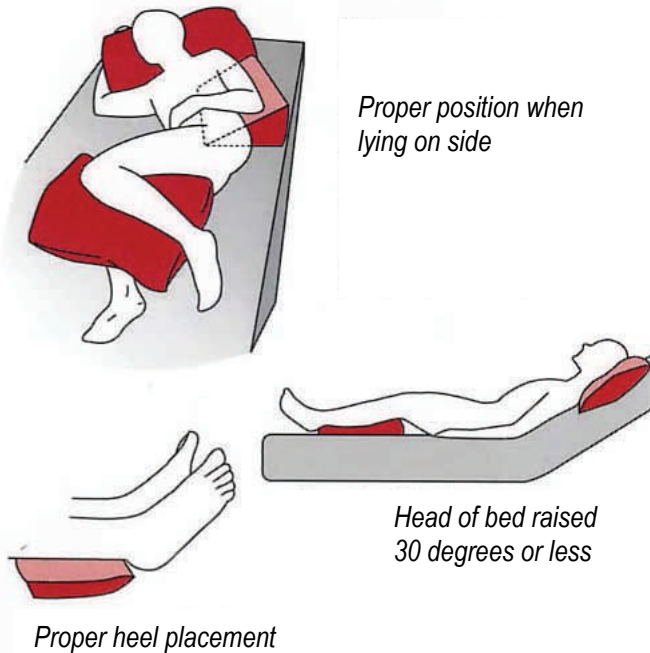
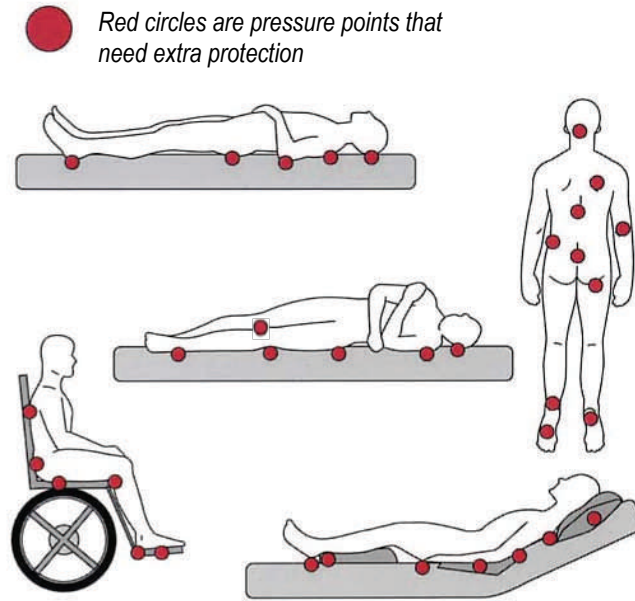


Pressure Ulcer Prevention Guide

Positioning



Pressure Points



Positioning Tips

- Follow a written turning/positioning schedule
- Reposition every two hours, or more often if needed
- Use pressure reduction devices on beds and chairs, and under heels
- Use lift sheet or device to reduce shear and friction

Daily Care Tips

- Look at the skin every day and report red areas
- Keep the skin dry
- Help the person eat well and drink fluids

Adapted from materials developed by Colorado Foundation for Medical Care and Kansas Foundation for Medical Care. This material was revised and distributed by Acumentra Health, Oregon's Medicare Quality Improvement Organization, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. 9SOW-OR-PS-09-13 6/30/09