

Partnering with Caregivers to Prevent Pressure Ulcers: Suggestions for Patients, Nursing Home Residents & Families

DO THE CORE FOUR!!

✓ #1 Move!

- Know your or your loved one's turning schedules and remind your caregivers.
- When moving/repositioning yourself or your loved one in bed, don't pull or drag yourself or your loved one across the sheets – ask your caregivers for help!
- Ask caregivers to let you or your loved one walk to the dining room instead of pushing you or your loved one in a wheelchair.

✓ #2 Eat well!

- Let caregivers know what you like or your loved one likes to eat.
- Tell caregivers when you are or your loved one is hungry.
- For family: provide your loved one with his or her favorite foods.

✓ #3 Drink plenty of fluids!

- Let caregivers know what you like or your loved one likes to drink.
- Tell caregivers when you are or your loved one is thirsty.

✓ #4 Stay clean and dry!

- Tell caregivers when you have to or your loved one has to go to the bathroom.
- Let caregivers know when you are or your loved one is wet or soiled; make sure you are or your loved one is cleaned up promptly and thoroughly after any incontinence episode.
- Ask that barrier creams or ointments be applied to protect your or your loved one's skin.

OTHER STEPS YOU CAN TAKE:

- ✓ Share information about yourself or your loved one with caregivers.
 - Use the Preference Worksheet for Patients/Nursing Home Residents/Family Members to write down important information and discuss it with caregivers.

- ✓ Go to the care plan meeting.
 - The care plan meeting is a time when you can work with caregivers to help plan care that you or your loved one can accept.

- ✓ If a patient or nursing home resident has dementia, help caregivers understand your loved one's behavior.

- ✓ Make sure your or your loved one's skin is checked daily.
 - Ask caregivers to check your/your loved one's skin for red spots and to report any to the nurse.

- ✓ Let staff know if you are or your loved one is having any of the following side effects from medications:
 - Drowsiness, constipation, diarrhea, loss of appetite, dry or itchy skin, confusion, dizziness, or thirst

- ✓ Ask to have the same caregiver most days.

- ✓ Communicate!
 - Always express yourself as politely and respectfully as you can. How you say something is just as important as what you say – sometimes even more important.
 - Ask questions.
 - Let caregivers know what's working/not working.
 - Speak up when you have concerns. Start by talking with the caregiver directly involved. If that doesn't resolve the problem, speak with supervisors or management.