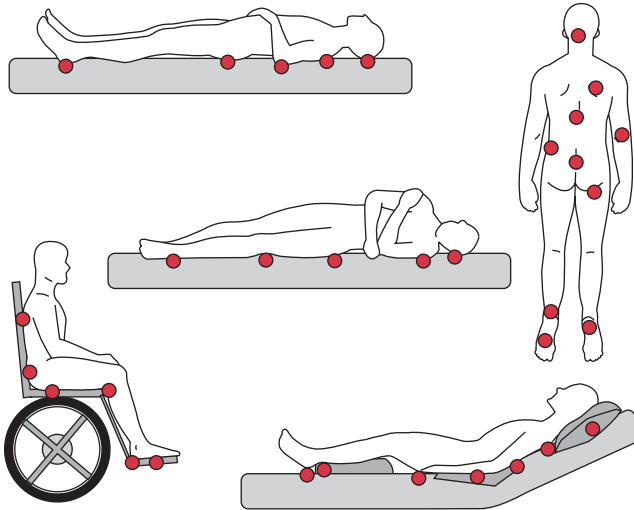


Pressure Points

 Red circles indicate pressure points.



Remember:

- Find out who's at risk
- Help patient eat right and drink fluids
- Make sure pressure is off the heels
- Remember to keep the skin dry
- Assess the skin daily
- Keep good records

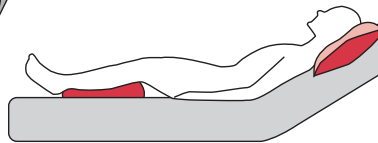


Arkansas Foundation
for Medical Care

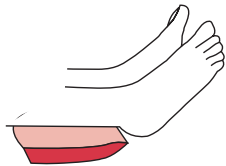
The Medicare Quality Improvement
Organization of Arkansas



**Proper
position
while
on side**



**Head of bed elevation
limited to 30 degrees or less**



Proper heel placement

Pressure Ulcer Reduction Tips:

- Follow a written turning/positioning schedule
- Turn every two (2) hours in bed
- Use pressure reduction devices on bed, heels and chairs
- Use lift sheet or device to reduce shear and friction

