

Occupational Therapy Toolkit

Pressure Ulcers Management

Risk Factors:

Altered sensory awareness - spinal injury, dementia
Incontinence
Limited activity - bed bound or chair-bound status
Immobile - inability to reposition oneself
Impaired nutritional status

Assessments:

The Braden Scale www.bradenscale.com/braden.PDF

Intervention:

ADL, IADL, work and leisure training including but not limited to...
Treat underlying physical limitations to safety and independence

Sensory Perception

Teach skin inspection with long handed mirror
Instruction in proper bed positioning
Instruct in weight shift while up in chair or wheelchair
Obtain pressure-reducing mattress and wheelchair cushion

Moisture

See Urinary Incontinence Occupational Therapy Intervention

Mobility

Provide bed mobility and transfer training. Instruct caregiver in safe transfer techniques

Nutrition

Train in self-feeding using adaptive equipment, proper positioning during eating

Friction & Shear

Instruct in friction/shearing risk and ways to avoid during transfers and repositioning. Use of satin sheets