



Skin Care

To care for your loved ones skin, you will need to inspect the skin, to ensure the skin is clean and dry, and to use repositioning techniques.

To inspect the skin, you will need to visually observe all surfaces of the skin that you are able to.

- Take note of any areas of redness, dryness, discoloration, moisture, odor, broken skin, the temperatures of the skin, or any other changes. All changes in skin condition must be reported to your loved one's nursing team.
- Make sure that the linens on the bed are not wrinkled underneath your loved one and that they are not irritating the skin. If the linens become wet or soiled, change them to help keep the skin clean and dry.
- If your loved one uses incontinence products, such as a brief or a pad, please change them when they become wet and soiled to protect the skin.
- If you need additional cushioning, talk to your loved one's nurse. Please do not use a donut cushion as these may cause more harm to the skin.
- If the skin becomes dry, apply lotion as follows. Place the lotion in your hands to warm it and apply the lotion to the needed areas. Avoid any areas that are red or open and massage the skin for comfort.

To provide a back rub,

- Position your loved one on their side and inspect the skin on their back.
- Apply lotion that has been warmed in the hands to the back and move the hands up and down in a circular motion on both sides of the spine.
- Rub their shoulders using a circular motion.
- Return your loved one to a comfortable position once you are finished.

To reposition your loved one in bed, you will want to

- Use a draw sheet or a bed pad.
- Have them cross their arms across their chest and roll their body to their side.
- Allow your loved one to help you by holding onto the rails of the bed and to assist in the movement of their body if they are able. Be sure that the face is not obstructed by a pillow throughout the repositioning.
- Once they have been repositioned, use pillows or wedges to support your loved one's back, head, and lower body.
- You may want to place a pillow between the legs at the level of their knees to protect the skin from rubbing and breaking down.

If you have any questions or concerns, please feel free to call the 24-hour number, 877-506-0149.