DISCHARGE CONSIDERATIONS

Clients and their support people often need teaching in order to carry out measures to prevent pressure ulcers. The following information should be provided:

- Causes of pressure ulcers
- Skin care plan to keep the skin clean, lubricated, and protected from secretions and excretions
- Importance of maintaining or increasing activity level
- Avoidance of massage, “doughnuts,” and heat lamps
- Need to contact the physician when there is reddening, blister formation, or breakdown of skin.

Nursing Process Care Plan

CLIENT WITH PRESSURE ULCER

Jamie Lee, a 73-year-old female, was admitted to the hospital for a decubitus ulcer on her left hip. Jamie lives in a skilled nursing center and is being treated for diabetes. She takes insulin twice a day. Mrs. Lee is unhappy with the restrictions...