



The CNA's Role in Skin Care

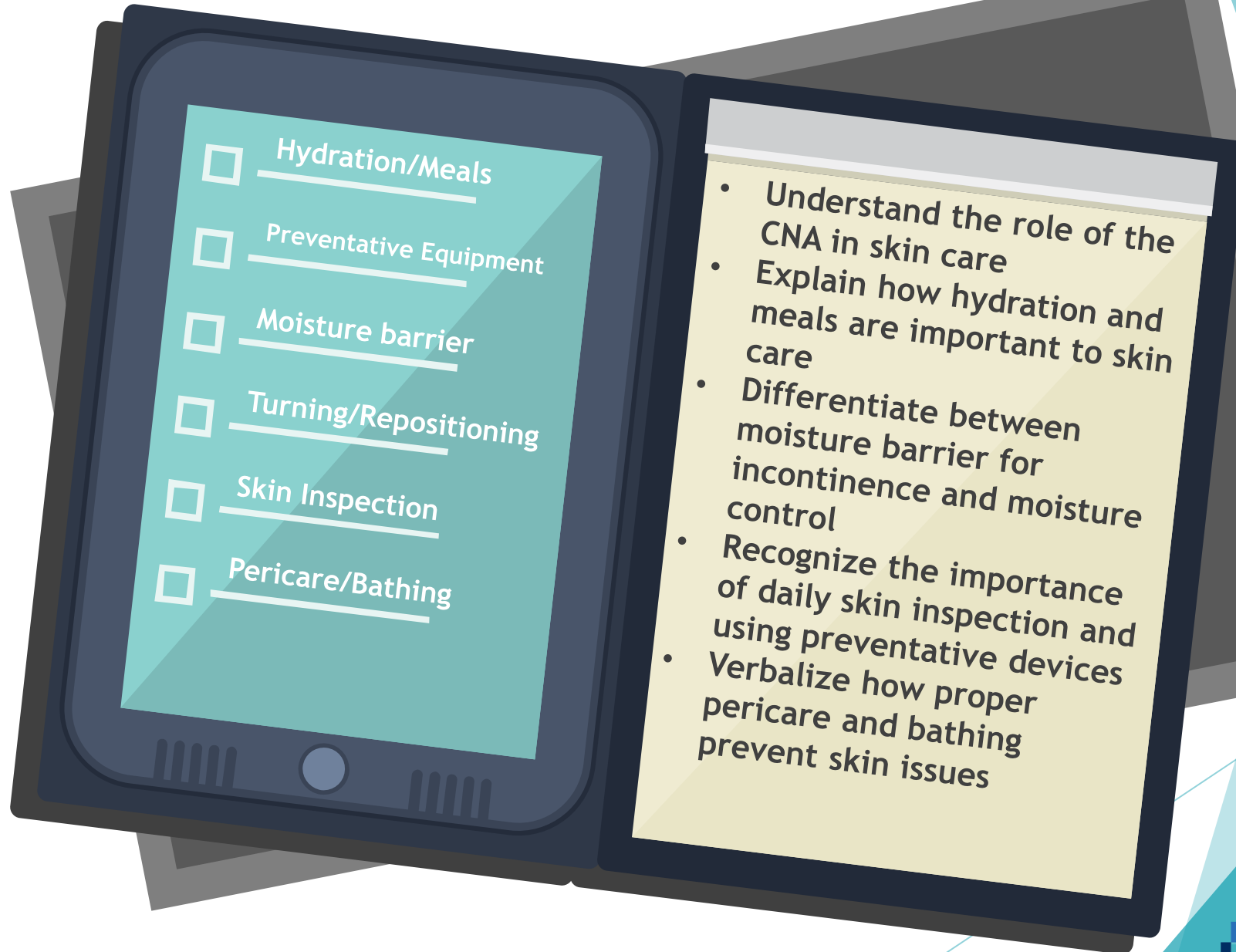
LDH/LNHA Collaboration on Improving Skin Care

Proudly Presented through a Partnership between:

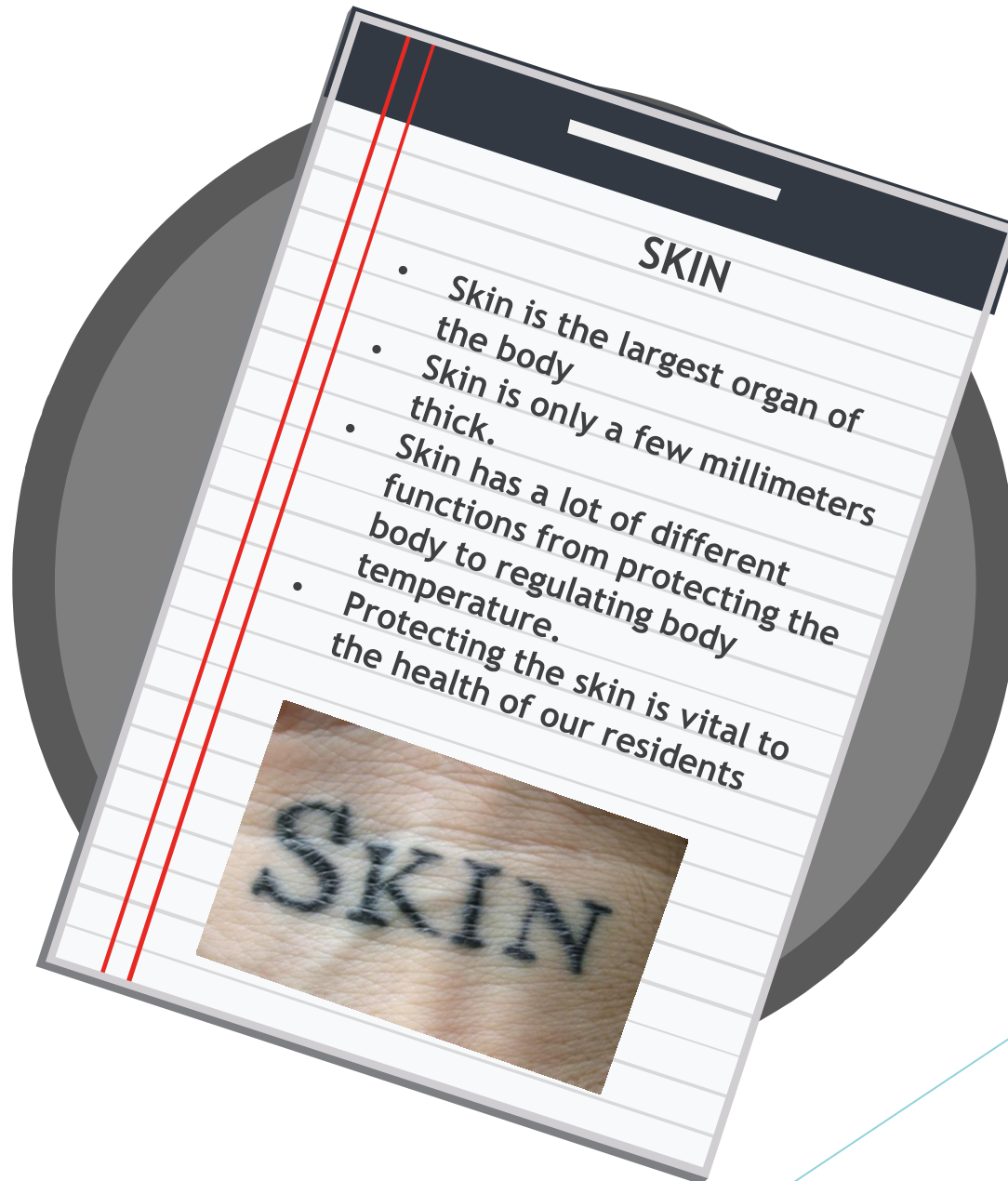
- Louisiana Department of Health
- Louisiana Nursing Home Association
- LSU Health Sciences Center-Shreveport



Objectives



Why is Skin Care so Important?



Hydration



- Skin is composed of 64% water
- Offer fluids every 2 hours unless contraindicated
- Fresh water and ice provided daily
- Encouragement



Nutrition



- Meals served 3 times a day
- Fluids served at each meal
- Snacks are important too!
- Encouragement and supervision provided as needed



Preventative Equipment



- Devices used to prevent pressure injuries
- Ensure device is properly applied
- Ensure correct device is on resident
- Check skin before applying and when removing device



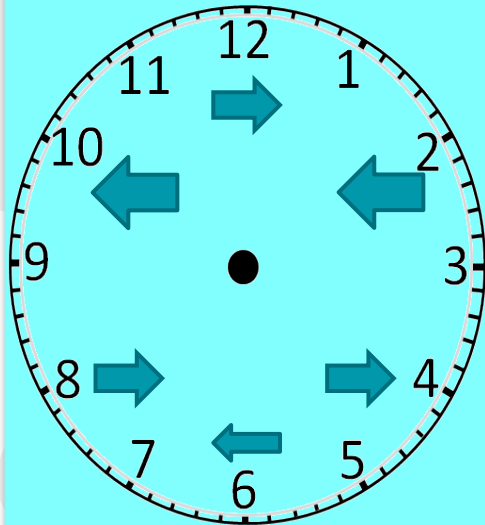
Moisture Barrier



- Incontinence protection
- Perineal hygiene
- Moisture barrier creams
- Moisture reducing fabrics



Turning/Repositioning



- Turn and/or reposition the resident every 2 hours
- Lift - do not slide - when moving the resident
- Use Lift equipment when needed



Skin Inspection



- Skin is to be observed during care
- Concerns reported to the nurse immediately
 - Red areas
 - Bruising
 - Skin tears



Personal Hygiene



- Bathing assist
- Perineal hygiene assist



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Prevention and Protection of the Skin