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

- Understand the role of the CNA in skin care
- Explain how hydration and meals are important to skin care
- Differentiate between moisture barrier for incontinence and moisture control
- Recognize the importance of daily skin inspection and using preventative devices
- Verbalize how proper pericare and bathing prevent skin issues
Why is Skin Care so Important?

SKIN

- Skin is the largest organ of the body
- Skin is only a few millimeters thick.
- Skin has a lot of different functions from protecting the body to regulating body temperature.
- Protecting the skin is vital to the health of our residents
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
• 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