

Pressure Ulcers

What risk factors does Mrs. Pressley have for developing pressure ulcers?

84 yr old, Non-elastic skin turgor

92 lbs, Weight loss, 9 lb loss in 7

days Impaired memory/Alzheimer's

Shortness of breath, HF

Immobile, Pain

HTN, Furosemide, Edema to lower extremity

H&H: 9.0/27; Albumin 2.3

Pressure from a bony prominence or a medical device can cause damage to the soft tissue and skin, causing a pressure ulcer. Mrs. Pressley is a 84 yr old female, that weighs 92 lbs, and has lost 9 lbs in the last 7 days. Her age and the fact that she has lost 9 lbs in 7 days places her at a higher risk of developing a pressure ulcer due to less subcutaneous fat content, thinner dermis, skin turgor lost elasticity, and the epidermis does not repair as fast. (Mervis & Phillips, 2019) Issues with malnutrition, hypoalbuminemia, and Anemia can put the skin at risk for damage and overall weaken the integrity of the skin. (Kim et al., 2022) Her lower Albumin can also contribute to the edema of her lower extremities causing increased gravitational force of her heels to the bed. (Mervis & Phillips, 2019) Increased pain could make her resistant to repositioning and further limit her mobility, in turn, she is at risk of developing a pressure injury. Vascular disease, HTN, Shortness of breath, and heart failure can affect the development of pressure ulcers due to the effects of blood circulation and diminished oxygenation to the tissues. (Mervis & Phillips, 2019) Due to the lack of sensation and awareness, Alzheimer's and

incontinence of urine or stool make her be more susceptible to pressure ulcers. (Visconti et al., 2023)

Explain the probable cause of the darkened circular area to the left heel and redness to the coccyx.

The darkened circular area to the left heel is caused by the constant pressure or force of her heel against the mattress. The increased pressure is not allowing adequate blood flow to the tissues the darkened color of the skin is due to the lack of oxygenation of the skin. If the pressure is not relieved to the left heel then the result could be necrosis. (Visconti et al., 2023)The circulation could be restored by placing a heels up pillow under the legs to prevent the heels from resting on the mattress. (Edsberg et al., 2022)

There could be several causes for the redness to Mrs. Pressley's coccyx, one being her immobility. She had a recent ORIF of her left hip, she is hurting and does not want to move. Additionally, she is 84 yr old, weighs 92 lbs and has lost 9 lbs in last 7 days. She most likely does not have any subcutaneous tissue to pad her bony prominence (coccyx) and prevent pressure from the mattress. The pressure over the coccyx, would cause redness. Her incontinence could cause moisture associated skin damage, can cause redness, and damages the integrity of the skin which increases the likelihood of pressure ulcers.(Mervis & Phillips, 2019) Frequent repositioning would reduce the amount of pressure in particular area of the body and along with that is good incontinence care with cream to protect the skin from the urine and stool, such as a barrier cream. (Edsberg et al., 2022)