

## Preventing Wounds in the Elderly

- As an individual ages, the integrity of the skin decreases, leaving it vulnerable to damage

### **Dry Skin**

- Skin becomes more susceptible to splitting and cracking
- Application of emollients are a major key to caring for dry skin

### **Pressure Ulcers**

- Usually occur over bony prominence, but can occur anywhere tissue becomes compressed
- Direct pressure is a primary cause, but can also be due to friction and shear factors
- Resident's should be encouraged to move and reposition themselves; if they cannot, a repositioning schedule can be maintained through staff assistance
- Support surfaces to minimize pressure damage are available to those who meet the requirements

## Nutritional and Lab Values

- If a resident is experiencing decreased nourishment due to lack of appetite and/or decreased consumption, they are more susceptible to developing wounds or skin impairment
- Inadequate nutrition may also cause the wound to worsen or for healing to be delayed
- Adequate nutrients promote wound healing, such as protein, fat, carbohydrates, vitamins and minerals
- Fat assists in the digestion, absorption, and transport of fat soluble vitamins (A,D,E)
- Routine labs are completed and reviewed quarterly

For more information please feel free to contact  
St. Joseph's Lifecare Centre at  
519.751.7096

Donations to St. Joseph's Lifecare Foundation (the official fundraising organization for St. Joseph's Lifecare Centre), have brought this beautiful building to life. Our community has funded vital long-term care programs and services, purchased resident medical equipment, furnishings, therapeutic gardens and everything in between.

Ongoing donations are vital to ensure that our residents get the most enhanced, compassionate care they need and deserve!

If you would like to donate to St. Joseph's Lifecare Centre, please contact the Foundation office or give directly on-line at [www.sjlc.ca](http://www.sjlc.ca).  
Thank you for caring!

St. Joseph's Lifecare Foundation's mailing address is the same as the Lifecare Centre below.



**ST. JOSEPH'S LIFECARE CENTRE**  
99 Wayne Gretzky Parkway  
Brantford, ON N3S 6T6  
519.751.7096  
[www.sjlc.ca](http://www.sjlc.ca)



## Skin and Wounds

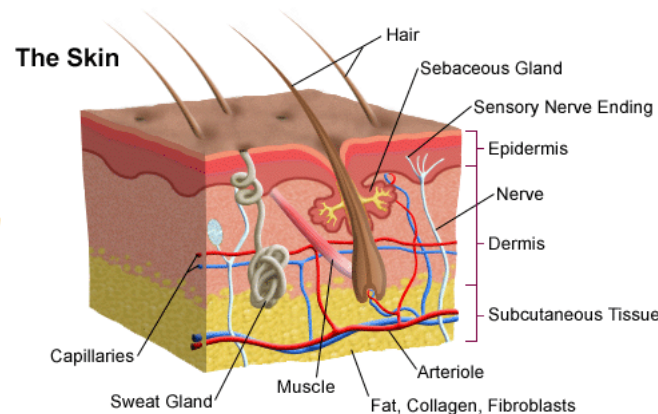
***Did You Know?***

***By Skin & Wound Committee 2015***

# SKIN AND WOUNDS

## Fun Facts About Your Skin

- Skin is ... a barrier to protect the body from the environment
- Skin is ... a temperature regulator
- Skin is ... an immune organ to prevent and combat infection
- Skin is ... a sensory organ to detect temperatures, touch and vibration
- By age 70, the average person will have lost 105 pounds of skin
- Your skin has 45 miles of nerves throughout the surface
- A wound is not considered healed unless there has been a minimum of 2 years of visible healing to regain tactile strength



## Risk Factors for Wounds in the Elderly

- History of previous injuries/skin tears
- Impaired mobility or vision
- Poor nutrition and dehydration
- Cognitive or sensory impairment
- Incontinence
- Dependant on others for showering, dressing or transferring

## The Stages of Wound Healing

- Stage I** Unresolvable reddened area (i.e. non-blanchable)
- Stage II** Superficial loss of epidermis (abrasions, blister, shallow crater)
- Stage III** Full thickness skin loss; epidermis and dermis involved; deep crater
- Stage IV** Full thickness loss of skin and subcutaneous; exposes underlying muscle, tendon or bone
- Stage V** Unable to assess wound due to eschar (black hard topping)