

PREVENTING PRESSURE ULCERS AT HOME – SSKIN Bundle-H

AUTHORS

FABIANA TOMÉ RAMOS
NURSING PHD CANDIDATE (UNESP)

MAURA SCOPEL CARLINI
UNDERGRADUATE NURSING STUDENT (UNESP)

RHAVENNA THAIS SILVA OLIVEIRA
NURSING PHD CANDIDATE (UNESP)

BRUNA CRISTINA VELOZO
NURSE AT BOTUCATU STATE HOSPITAL

MARLA ANDRÉIA GARCIA DE AVILA
PROFESSOR, DEPARTMENT OF NURSING (UNESP)

JULIANE ANDRADE
PROFESSOR, DEPARTMENT OF NURSING (UNESP)

AGLECIA MODA VITORIANO BUDRI
PROFESSOR, ROYAL COLLEGE OF SURGEONS IN IRELAND (IRELAND)

RÚBIA AGUIAR ALENCAR
PROFESSOR, DEPARTMENT OF NURSING (UNESP)

FICHA CATALOGRÁFICA ELABORADA PELA SEÇÃO TÉC. AQUIS. TRATAMENTO DA INFORM.
DIVISÃO TÉCNICA DE BIBLIOTECA E DOCUMENTAÇÃO – CAMPUS DE BOTUCATU – UNESP
BIBLIOTECÁRIA RESPONSÁVEL: **ANA CLARA GATTO – CRB 8/10577**

Preventing pressure ulcers at home [electronic resource] : SSKIN Bundle-H / Fabiana Tomé Ramos ... [*et al.*]. - Botucatu : FMB/UNESP, 2026.
16 p. : il. color.

Tradução de: Prevenção de lesão por pressão no ambiente domiciliar: SSKIN Bundle-H

1. Bedsores. 2. Home nursing. 3. Cerebrovascular disease (Patients). 4. Nursing care plans. I. Ramos, Fabiana Tomé. II. Carlini, Maura Scopel. III. Oliveira, Rhavenna Thais Silva, IV. Velozo, Bruna Cristina. V. Avila, Marla Andréia Garcia de. VI. Andrade, Juliane. VII. Budri, Aglecia Moda Vitoriano. VIII. Alencar, Rúbia Aguiar. IX. Universidade Estadual Paulista (UNESP), Faculdade de Medicina, Botucatu.

CDD 610.73

INTRODUCTION

After hospital discharge, care for a person who has had a stroke continues at home. One of the main challenges is preventing pressure ulcers (formerly known as bedsores) in people who have difficulty moving.

With this in mind, this material was developed to support you, as a carer, in preventing pressure ulcers using the SSKIN Bundle-H (Home), a version adapted for care at home. The bundle consists of:

S – Skin (check the skin);
S – Surface (support surface);
K – Keep Moving;
I – Incontinence (incontinence/moisture); and
N – Nutrition (nutrition and hydration).

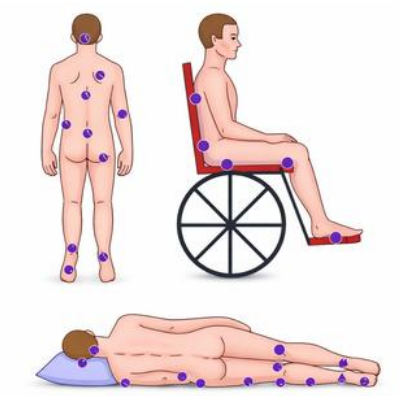
Here you will find simple guidance to make day-to-day care easier.
At the end of the booklet, you can access a video showing how to carry out essential care, including helping the person out of bed, repositioning and changing continence pads.

CHAPTER 1

SKIN ASSESSMENT

1. Check the skin every day, during bathing and whenever the person is repositioned;

2. Pay particular attention to areas where bones are more prominent, such as the coccyx, sacrum (bottom), back, hips, heels, ankles and elbows;



3. Also check the scalp and ears, especially the back of the head where it rests on the pillow;

4. Pay particular attention to areas in contact with a tube, catheter or oxygen tubing. Arrange and reposition them so they do not damage the skin;

5. If you notice redness that does not fade when gently pressed with a finger, any wounds or blisters, or a change in skin temperature, reposition the person more often and seek advice from a health service.

6. On darker skin, redness may be harder to see. Feel the skin for areas that are warmer, cooler, harder or swollen, and look for subtle changes in skin colour or texture.

7. If you notice any skin change, take a well-lit photograph. This helps you monitor it and show it to a healthcare professional if you have concerns or need advice.

CHAPTER 2

SUPPORT SURFACES

1. Always keep the bed sheets smooth and free from any creases.

2. Some mattresses are designed to help prevent pressure ulcers (bedsores). They distribute body weight more evenly and reduce pressure on the skin.

3. For people who are fully bedbound, specialist mattresses such as viscoelastic foam and air mattresses are recommended.



VISCOELASTIC MATTRESS



AIR MATTRESS

4. It is very important to check the person's weight and follow the manufacturer's instructions. Each mattress has a weight limit and specific instructions for use. This ensures that the mattress works correctly and provides the intended protection.

5. With an air mattress, regularly check that the pump is switched on and working. Do not leave the person on the mattress when the pump is off, as folds in the deflated mattress can cause pressure ulcers.

6. If an appropriate pressure-redistributing mattress is not available, continue regular repositioning and heel offloading, and contact the healthcare team for advice about suitable equipment.



7. When using a chair or a wheelchair, a pressure-redistributing cushion is strongly recommended. Do not use ring- or doughnut-shaped cushions, as they increase pressure and can cause pressure ulcers.



RECOMMENDED



NOT RECOMMENDED

8. Curativos preventivos de espuma de silicone podem ser recomendados para pessoas com alto risco. Eles não substituem a avaliação regular da pele, o reposicionamento ou a redistribuição de pressão. Consulte um profissional de saúde para saber se são adequados.

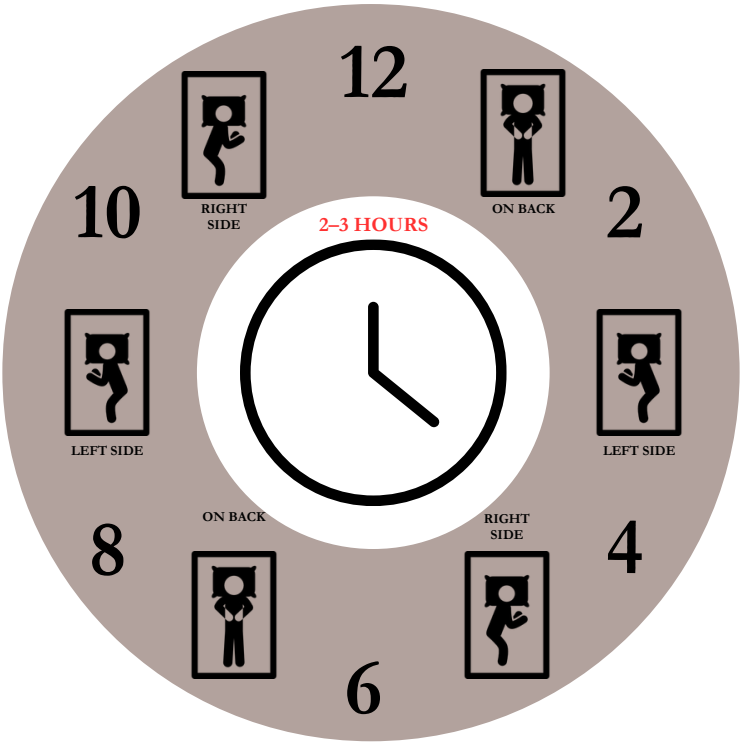
9. Raise the heels using pillows or cushions high enough to keep them completely clear of the mattress.

CHAPTER 3

KEEP MOVING

1. Do not leave the person in the same position for too long. Reposition the person regularly. The frequency should be individualised according to their level of risk, skin condition, comfort, mobility and the support surface being used. Follow the repositioning plan recommended by the healthcare team.

REPOSITIONING CLOCK



2. In bed, keep the head of the bed slightly raised most of the time. Raise it further only during meals or if the person is at risk of choking or aspiration.



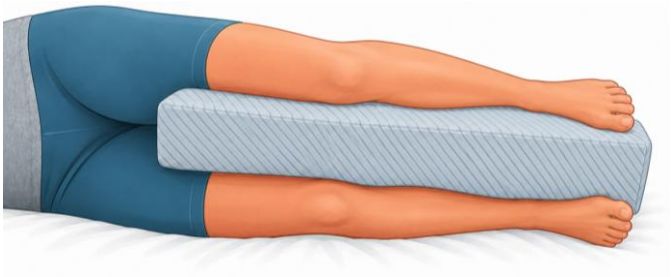
3. When repositioning the person, use equipment to help, such as slide sheets.



SLIDE SHEET

4. Use cushions to help maintain the position and improve comfort.

5. Do not allow the knees to touch when the person is lying on their side.



6. Whenever possible, keep the heels completely off the bed, with the calves supported on a pillow.



7. If the person's mobility is very limited, minimise the time they spend in the wheelchair. Whenever possible while seated, help them change position and relieve pressure from the seated area every 10 minutes. Lean forwards, backwards and to each side, and move the arms.

CHAPTER 4

INCONTINENCE – MOISTURE MANAGEMENT

1.Keep the person clean and dry, changing continence pads, clothing and bed sheets whenever needed.

2. Gently pat the skin dry, do not rub the skin.

3. When changing the pad, ask the person to help with movements whenever they can. This makes the process easier, supports independence and reduces the carer's physical effort.

4. Check the pad regularly to avoid prolonged contact with urine, and change it immediately after a bowel movement.

5. To help prevent incontinence-associated dermatitis (skin rash), apply barrier cream to the groin and any skin exposed to urine or faeces after bathing and at each pad change. Barrier cream is available from pharmacies.

Barrier cream
Available from pharmacies



CHAPTER 5

NUTRITION AND HYDRATION

1.Good nutrition and hydration support recovery and healthy skin.

2. Provide food according to advice from healthcare professionals. Each person may be discharged with a different diet.

3. Follow this advice exactly to support good nutrition and help prevent pressure ulcers.

4. Before meals, manage symptoms that may affect food and fluid intake, such as pain and nausea.

5. Help the person during meals so that they can eat and drink enough.

6. If the person is not eating the food offered, contact the healthcare service responsible for their care.

7. For people with feeding tubes, if the feed is running more slowly than usual or cannot be given as instructed, contact the Nutrition Support Team for advice. If the tube becomes blocked or is accidentally removed, go to your nearest health centre or emergency service.

SSKIN Bundle-H Video

To access the video, which clearly demonstrates essential care such as transfers, repositioning, changing continence pads and caring for tubes, scan the *QR code* below or search YouTube for “SSKIN *Bundle H*” on the @DGAAHC channel.

SSKIN Bundle-H video QR code

Important: follow all instructions given at hospital discharge carefully. Take all referrals to your local health centre to arrange appointments, complete all requested tests and follow prescribed treatment. This helps ensure continuity of care and prevent complications.

Telephone numbers:

➞ Equipment loans and hire (hospital beds, wheelchairs, shower chairs and other items):
*Available only to members of Sistema Prever – Botucatu/SP

(14) 3811-4040

➞ Questions about feeding tubes (HCFMB Nutrition Support Team):

(14) 3811-6230
(14) 3822-6436

➞ Disposable continence pads: contact your local Health Centre or Farmácia Popular