



## Successfully Addressing Wounds

### Wounds and the Elderly . . .

Elderly people are susceptible to damaged skin and tissue that develop when prolonged pressure cuts off circulation to vulnerable parts of the body, especially the buttocks, hips and heels. Without adequate blood flow, the affected tissue dies.

### Risk Factors. . .

- As skin thins with age, it is more vulnerable to damage from minor pressure.
- The elderly are more likely to be underweight, with less cushioning over the bones.
- Poor nutrition among elderly affects skin integrity, blood vessels and wound healing.
- Incontinence, diabetes, vascular disease & decreased mental awareness exacerbate skin issues
- With age, the rate of cell repair declines

### Choosing the most successful setting . . .

As opposed to a patient discharged to home, recovery time at our center is generally shorter because of the holistic approach and consistent attention. Patients at home often have difficulty being motivated, knowledgeable and disciplined enough to consistently follow a wound care regimen. While the skills to change a dressing may be taught, subtle changes in wounds may go un-detected by the lay person.

### Our Approach . . .

We use a team care approach which concentrates on prevention, early detection and treatment. Our approach involves nursing, therapy, social services and dietary, as well as the physician. The use of key preventive measures can maintain the skin's integrity, while our treatment protocols encourages healing.

## Wound Care Approach:

- Increased Nutritional Support
- Therapy Intervention to Increase Blood Flow
- Consistent Monitoring & Frequent Repositioning
- Wound Care Protocols by Licensed Staff
- Social Services to address psycho-social issues due to chronic wounds
- Patient Education
- Early Detection

