



Volume 3

# Skin and Wound Care: Treatment and Prevention

A Video Guide for Staff  
in Long-Term Care Facilities



Facilitator's Guide

**videoPro**  
PRODUCTIONS



## **SKIN AND WOUND CARE: TREATMENT AND PREVENTION**

### **A Video Guide for Staff in Long-Term Care Facilities**

Caregivers in long-term care facilities often see residents with skin disorders and wounds. When skin disorders exist, quick identification and treatment by staff and health care providers is crucial to protecting residents and preventing skin disorders from worsening.

No single method will protect your residents from skin disorders, but increased awareness and timely treatment can decrease the overall risks and prevent skin disorders that do appear from getting worse. Caregivers should also be alert to the appearance of wounds, so they can implement the earliest and best intervention. The better prepared and more knowledgeable you are, the safer your residents will be.

Resident health and safety is your number one priority. Your residents and their families trust you to help protect them and to guard their health ... the health of people who are more susceptible to developing skin disorders. Understand the risks and work to prevent them. With proper training and education your staff can provide the best protection and quality care for your residents.

## VIEWING GUIDELINES

This facilitator's guide will help you plan for and conduct sessions to help ensure that your staff feels equipped to prevent skin disorders and appropriately identify those skin disorders and wounds that do appear.

**“Skin and Wound Care: Treatment and Prevention”** is a video-based learning program. It speaks directly to the needs and motivations of every staff member in your facility, regardless of their position or job description. It can positively influence every member of the caregiving team by helping them to understand:

- How to help prevent common skin disorders
- How to use the S.K.I.N. Check to identify possible wounds or skin disorders and assess skin disorders that may already be present
- How health care professionals in your facility treat skin disorders
- What you can do to help detect and manage wounds

Conduct the **“Skin and Wound Care: Treatment and Prevention”** learning sessions for:

- All members of your nursing staff
- All members of support staff who have direct or indirect contact with residents, such as personnel in social services, admissions, housekeeping, dietary and maintenance
- All newly hired staff
- All volunteers who work in your facility

## PROGRAM CONTENT

**“Skin and Wound Care: Treatment and Prevention”** is a practical educational tool. It shows long-term care staff and health care providers using proven techniques for properly identifying common skin disorders. It demonstrates preventive measures that help to minimize the threat to residents. Finally, the program describes the wound healing process and identifies ways that caregivers can help detect wounds as early as possible.

Filled with practical information and useful instruction, this video will explain the major causes of skin disorders in long-term care settings, what you can do to prevent them and much more.

This video training provides a unique and interactive learning experience. In addition to the valuable learning information contained in the video and accompanying facilitator’s guide, the video in-service provides opportunities for facilitated discussion to help involve participants in the acquisition of knowledge that will help everyone understand how to prevent skin disorders and how to be prepared to identify and respond quickly if skin disorders appear.

## PROGRAM CONTENT

During your session, focus on these crucial learning points:

- Understanding how wounds occur so that you are better prepared to identify early signs of wound formation
- Recognizing outside factors that may increase the risk of residents developing skin disorders (i.e. incontinence, sun exposure, smoking, skin tears, bruising, etc.)
- Recognizing factors common to aging skin which influence the risk of skin disorders (i.e. thinning, pigmentation, blood vessel constriction, fragility, allergies, etc.)
- Putting procedures in place to minimize the risk of skin disorders
- Routinely checking resident skin condition and being able to properly identify possible skin disorders
- Preparing yourself to respond appropriately in the event a skin disorder appears
- Understanding your role in the treatment of common skin disorders

## SAMPLE GROUP SESSION AGENDA

Use the following sample agenda to structure a session featuring **“Skin and Wound Care: Treatment and Prevention.”**

Length of videotaped program: approximately 20 minutes

Suggested length of session: 45 minutes to 1 hour

Materials needed:

- This facilitator’s guide
- The **“Skin and Wound Care: Treatment and Prevention”** video program
- Optional paper and pencils for participant note-taking
- Optional flipchart and markers for writing key ideas

<b>Time</b>	<b>Content</b>
<b>10 min</b>	Welcome the group to your session.
	INTRODUCE <b>“Skin and Wound Care: Treatment and Prevention”</b> topic by leading this discussion.
<b>ASK:</b>	How many of you have experience with resident skin disorders? (PAUSE FOR SHOW OF HANDS)
<b>ASK:</b>	Do you believe that the skin disorder could have been prevented? What could have been done to prevent that skin disorder?
<b>ASK:</b>	What are some of the common causes of skin disorders in long-term care? (Pause for responses)

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**ASK:** What do you think is the appropriate response if a skin disorder occurs?

**DISCUSS** Prior knowledge of skin disorder prevention and treatment. Try to understand the group's prior knowledge so you can help reinforce good practices and change those that are incorrect. (Encourage discussion to help uncover staff knowledge). With this baseline, you can better understand how to focus later discussion and follow-up exercises. You can also realize how the learning sessions have helped to improve training on common skin disorders.

**8 min** Show first module of video program – **Introduction/Skin Health.**

**10 min** Engage viewers in a brief discussion about MODULE 1. If group members are slow to respond, consider briefly recapping the main ideas emphasized in the first module (or the key situations and behaviors with which you feel your group can most easily relate).

**ASK:** Why are our residents more susceptible to skin disorders?

**ASK:** What are the most common factors that increase the risk of a skin disorder appearing? What are some factors common to aging skin? Outside factors (smoking, sun exposure, chemicals, allergies, etc.)?

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- ASK:** How can knowledge of skin condition and the effects of aging on the skin reduce your residents' risk of developing skin disorders?
- ASK:** How do wounds form? Why is it important to understand the wound healing process?
- ASK:** What are the overall benefits of understanding common skin disorders and the factors that may contribute to their development?

To facilitate discussion, consider the following . . .

**DISCUSS** Describe common skin disorders and their associated risk factors. Engage group in discussion that involves them in identifying common causes of skin disorders that may go unrecognized. Explain why understanding the wound healing process will help caregivers in early detection of wound formation.

**5 min** Show second module of video program – **S.K.I.N. Check**.

**10 min** Engage viewers in a brief discussion about MODULE 2. If group members are slow to respond, consider briefly recapping the main ideas emphasized in the second module (or the key situations and behaviors with which you feel your group can most easily relate).



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**ASK:** What is the single most important thing you can do to minimize the risk of residents acquiring skin disorders?

**ASK:** Ideally how often should you perform a S.K.I.N. Check?

**ASK:** Do you have protocol in place to check your residents' skin? When was the last time you performed a skin check with a resident?

**ASK:** What role does each staff person play in the identification of skin disorders? You, nurse, doctor, dietitian, family, etc?

**ASK:** What role does each staff person play in correcting potential problems with the identification or notification process?

**ACTIVITY:** Obtain a copy of the facility's skin care procedures and wound healing protocol. Compare and contrast the similarities and differences of the current protocol with the S.K.I.N. Check model.

Perform a S.K.I.N. Check (or comparable facility skin check) on a resident or test subject. Go over the procedure for identifying skin changes and possible abnormalities. Make sure participants follow the proper documentation methods. Discuss the participants' findings and the facility's notification process.

**DISCUSS** the importance of routine skin checks (focusing on the S.K.I.N. Check model if there is no protocol currently in place) in preventing and

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identifying skin disorders. Explain how skin checks can help reduce the potential risks. Discuss how the S.K.I.N. Check model can help caregivers in the early detection of wounds. Also discuss the staff role in reporting the results of skin checks and correcting problems that arise.

**5 min** Show third module of video program – **Routine Skin Care.**

**10 min** Engage viewers in a brief discussion about MODULE 3. If group members are slow to respond, consider briefly recapping the main ideas emphasized in the third module (or the key situations and behaviors with which you feel your group can most easily relate).

**ASK:** How does incontinence affect skin? What steps should you take to prevent the build-up of moisture and bacteria with incontinent residents?

**ASK:** How often should residents be bathed? What water temperature is recommended for resident baths and why? Discuss protocol currently in place regarding resident bathing.

**ASK:** What precautions can you take while bathing, dressing and cleaning residents to prevent the development of skin disorders?

**ASK:** What is your role in wound healing and management?

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**ASK:** What do we mean by positioning? Why is it important to take care in properly positioning residents who need assistance moving?

**ASK:** If a skin disorder appears what is your role in the treatment process? What types of moisturizers are best for aging and/or irritated skin?

**ACTIVITY:** Assemble groups of two or three and go over proper positioning methods. Use the facility's current guidelines. Practice moving residents from: bed to bed, bed to chair, chair to bed, laying to sitting, etc. Ask participants to identify possible risks for bruising, skin tears and rashes that may arise during the positioning process.

**DISCUSS** Staff members' role in the treatment of skin disorders. Engage staff and be clear in explaining the steps involved in proper bathing, moisturizing and proper positioning of residents to avoid skin tears and bruising.

**DISCUSS** how staff members can help health care professionals in wound management by calling attention to early presence of wounds.

**5 min** In closing, ask for questions or additional comments from the group. Discuss as appropriate.

Thank group members for their participation and conclude the session.

## EXERCISES AFTER VIDEO

- 1** How do you rate our current success in preventing skin disorders and providing for residents who acquire skin disorders? How do residents rate our success?
- 2** What are some examples you've seen in just the last week or two of
  - potential risks of skin disorders?
  - precautionary measures taken by staff?
  - training or education to help staff and/or residents understand the risks of skin disorders and prevention?
- 3** What can we do to help residents understand skin disorders and prevention?

Suggest that team members accept a follow-up assignment as a proactive step in improving their understanding of their role in resident skin care.

For example, ask each staff member to perform a routine S.K.I.N. Check on a single resident over the course of a week (minimum 3 checks). They should be able to properly document their findings and identify any skin changes or potential risks they notice over that time.

In addition to performing a S.K.I.N. Check, ask them to identify specific precautionary measures that are in place to minimize the risk of resident skin disorders.

Then, hold a second meeting and ask each staff member to share what they've learned.

Finally, as a group, decide how you can use what you've learned to improve the prevention and identification of skin disorders in your facility.

## Questions?

If you have questions about how to implement the **"Skin and Wound Care: Treatment and Prevention"** program, or if you would like information about other programs available from Video Pro Productions, call or write:

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