

## Quick Reference Guide

### Pressure Injury Prevention for Individuals with COVID-19 Acute Respiratory Distress

Assessment	Rationale
Assess pressure injury risk (Braden).	High risk for skin injury due to decreased mobility/activity/nutritional status.
Assess skin from head-to-toe.	Due to respiratory distress, may have been placed in prone position (face down) or high Fowlers for long periods of time. These positions are high risk for pressure injury.
Assess for fever and diaphoresis.	May be febrile leading to diaphoresis; skin which is moist is five times more likely to break-down than dry skin.
Assess for diarrhea.	May have diarrhea, which increases their risk for Incontinence Associated Dermatitis (IAD) and sacral-coccyx pressure injuries due to the moisture and enzymes in the diarrhea.

### Pressure Injury Prevention (PIP) Interventions

See the <https://www.clwk.ca/buddydrive/file/bradenscale-interventions-guide-2017-july-final-3/> for the **Braden Scale Intervention Guide - Adults for additional PIP strategies**  
 Consult with PT/OT/NSWOC/Wound Clinician as needed

#### Turns: Good for Lungs & for Skin

- Do a full turn, Left ↔ Supine ↔ Right, every 2 hours or more frequently.
- Use pillows/positioning wedges/roll to maintain a 15-30° tilt when side-lying; check that sacrum is off bed.
- Do small shifts of position between full turns.
- Put pillows between knees & ankles.



Pillows \*Positioning Wedge \*Body Supporter

See \*CLWK Product Information Sheets.

#### Offload the Heels

- Regardless of the surface, (basic, moderate or advanced), heels **must not** touch the mattress.
- Use pillows, offloading wedges or boots
- Check frequently that your hand can slide between the heel and the surface.



Pillows



\*Heelzup Cloud

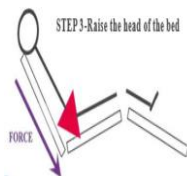


\*Ventopedic Heel Boot

See your unit's specific Heels Offloading Algorithm for what devices are available for your unit and the \*CLWK Product Information Sheets.

#### Protect the Sacrum/Coccyx When Sitting Up in Bed

- When HOB must be higher than 30° for long durations:
  - Ensure knees are bent/elevated before HOB is elevated to prevent sliding.
  - Do frequent small changes to HOB position e.g., 60° +/- 10°.
  - Apply Mepilex Border Sacrum dressing to intact skin to minimize pressure in the area (see \*CLWK Product Information Sheet Mepilex Dressings for Pressure Injury Prevention PIP).



Mepilex Sacrum Border

#### Manage Body Moisture & Temperature

- Ensure linen is dry and minimize the number of layers.
- Change briefs and linen protectors (underpads) promptly when soiled.
- Use Hydraguard to protect the skin from incontinence episodes.
- Consider microclimate management coverlet e.g., Skin IQ or surface e.g., First Step Cirrus (air-loss surface).



Linen Protector



Hydraguard

Mobilize as soon as possible when medically stable