



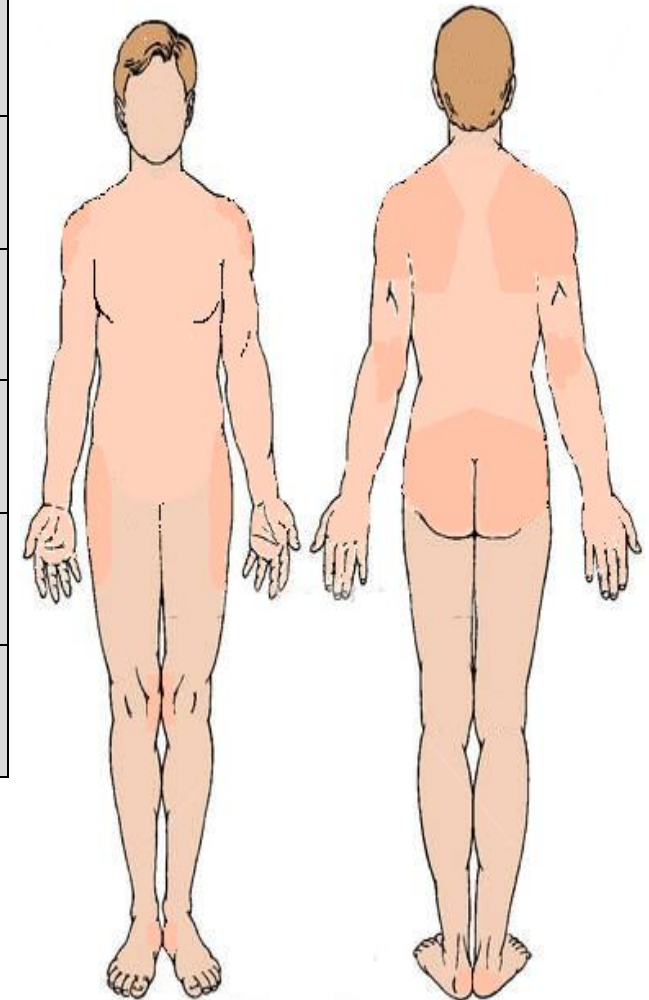
Mental Health Association, Inc
Skin Integrity Check

Name of Participant: _____ **Month:** _____ **Year:** _____

When a site is found on the participant: place the corresponding day number on the body part where skin change is found and identify in the day box what type of skin change. Explain on back of sheet additional details regarding issue noted. If no skin changes injuries are found also note (w/code) and initial. (Example if bruise was found April 3 on right forearm: place number 3 on correct forearm where bruise was found and write code in box three in regard to injury)

Injury Code: Ø - None / **A**-Abrasion / **B**-Bruise / **C**-Cut / **SC**-Scratch / **OA**-Open Area / **BL**-Blister / **BRN**-Burn / **RA**-Red Area / **SWA**-Swollen Area

1.	Initials	2.	Initials	3.	Initials	4.	Initials	5.	Initials
6.	Initials	7.	Initials	8.	Initials	9.	Initials	10.	Initials
11.	Initials	12.	Initials	13.	Initials	14.	Initials	15.	Initials
16.	Initials	17.	Initials	18.	Initials	19.	Initials	20.	Initials
21.	Initials	22.	Initials	23.	Initials	24.	Initials	25.	Initials
26.	Initials	27.	Initials	28.	Initials	29.	Initials	30.	Initials
31.	Initials	Staff is required to write initials in the day box that corresponds with the day the staff checked the participant. Look especially at prime pressure areas: Shoulders, elbows, inner knees, lower back, buttocks, and heels							



Review by Program Supervisor at least weekly: Provide date of review and signature

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When area is noted staff must describe what was found. Follow all reporting procedures as needed for each individual.

Date Area Noted	Size of Area (Dime, Nickel, Quarter, Golf Ball)	Injury or Cause By (fall, self, seizure, unknown origin)	Short Description (include right or left, color like red, yellow, blue, purple, is it hot to touch, oozing, pustule, patterns, breaking of skin, bleeding, itchy, scaly, pain level if applicable)
<i>(Example Only) April 3, 2009</i>	<i>Nickel</i>	<i>Self (Pinched)</i>	<i>Underside of right forearm; participant pinched self with no breaking of skin: Mildly red, applied ice for 10 minutes no swelling</i>

Maintain Healthy Skin By:

- Good diet, adequate fluids and observation are very important to good skin. Keep skin clean and dry: Clothing that is wet or soiled should be changed immediately. Wash skin gently and pat dry, never rub! Apply creams when prescribed and apply moisture barriers. Keep clothing and linens wrinkle free. Change positions regularly to relieve pressure.
- In Bed Care: turn from back, to side, to back, to other side: When positioned on the side place pillow between knees lengthwise to the ankle to prevent prominences from rubbing or resting together. Sheep skins, air mattresses and egg crates are aides in prevent pressure sores but or not substitutes for repositioning and turning.
- Wheelchair Care: change positions at least hourly. Lifting and moving from side to side, leaning forward, placing pillow against the back of the person of a short period of time or by shift the weight is essential. Always use foundation of cushion, sheep skin, pillow or seat mattress in a wheelchair. Transfer to recliner periodically.