

Table 7-1

Risk Factors for Pressure Ulcers

Physical causes of immobility

- Altered neuromuscular integrity
- Diminished strength
- Altered muscle tone (spasticity, rigidity, dystonia, athetosis, flaccidity, etc)

Altered musculoskeletal integrity

- Decreased range of motion
- Traumatic injury
- Muscle disease
- Other

Devices

- Splints
- Casts
- Orthoses
- Restraints

Cognitive causes of immobility

- Altered state of consciousness, stupor, coma
- Prolonged anesthesia
- Diminished motivation to self-reposition

Diminished sensation

- Spinal cord injury
- Spina bifida
- Head injuries
- Peripheral neuropathy

Excessive moisture

- Use of moisture resistant support surface
- Urinary incontinence
- Fecal incontinence

Emaciation

- Malnutrition
- Dehydration

Management

- Inappropriate turning/repositioning schedule
- Inappropriate support surface
- Neglect of immobility issues
- Failure to offload at-risk areas
- Failure to clean following episodes of incontinence
- Harsh cleaning procedures
- Failure to moisturize/protect dry skin