

---

---

---

---

# Contents

## Preface

ix

## Part I: The Basics of Pressure Ulcers

1. The Problem of Pressure Ulcer Occurrence	3
2. Anatomy, Physiology, and Pathophysiology of the Skin	15
3. Risk Assessment	25
4. Back to Basics in Skin Care and Assessment	35

## Part II: Preventing Pressure Ulcers

5. Pressure Ulcer Prevention	51
6. Nutrition and Pressure Ulcers	71
7. Mobility and Pressure Ulcers	79
8. Go to the Mattress: Mattresses and Specialty Beds	87

## Part III: Pressure Ulcer Treatment

9. What Happens When a Patient Does Acquire a Pressure Ulcer?	99
10. Treatment: Creating an Environment of Healing	109
11. Debridement of Wounds	121

**Part IV: Establishing the Environment of Skin Care Safety**

12. Creating an Environment of Skin Safety Throughout the Health Care Facility 129

*Appendices*

I. Elder Abuse Hotlines 141

II. Support Services Available and Manufacturers 153

III. Chair Services Available and Manufacturers 157

IV. Choosing the Appropriate Dressing 159

V. E-Resources 169

*References* 171

*Index* 179