

Pressure Wounds and Scars



Pressure wounds occur when prolonged pressure on the skin restricts blood flow to certain areas of the body, leading to tissue damage (Johns Hopkins Medicine, 2024).

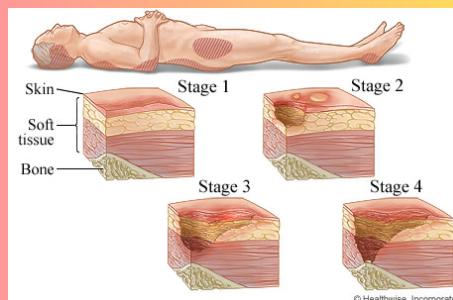
Causes of Pressure Wounds

Prolonged Pressure | Friction | Shear | Moisture | Immobility

Common Bony Prominences

Head, Elbows, Heels, Shoulders, Ears, Greater Trochanter, Heels, Sacrum

4 Stages of Pressure Wounds



OT's Role in Preventing Pressure Wounds

Positioning and Repositioning:

Educate clients and caregivers on proper positioning techniques to reduce prolonged pressure.

- Collaboration with PT or the Seating Clinic

Adaptive Equipment:

Cushions, mattresses, and other devices designed to relieve pressure.

Education:

Provide education on skin inspection, pressure relief techniques, and moisture management to patients and caregivers.

Functional Mobility:

Promote mobility and activity to reduce periods of immobility throughout length of stay .