




Sacral Injury Prevention Top 10 Checklist

WHY IS THIS IMPORTANT?

The sacral region is the most frequent anatomical location for pressure related injuries due to the pressure from supine positioning, friction and shear during repositioning and the associated moisture in the region due to incontinence or perspiration.



-  Keep head of bed elevation at 30 degrees or less to avoid friction from sliding down in bed.
-  Use two-person repositioning to avoid friction and shear associated with dragging.
-  Perform small weight shifts, turning no greater than 30 degrees to either side. Use your hand to check that the sacrum is free of pressure.
-  Optimize the mattress or chair support surface by not over padding or leaving slings in place.
-  Upgrade to reactive constant low pressure or a low air loss mattress for patients with a Braden moisture sub-score of 1 or 2 or if they are incontinent.
-  Apply a multilayered soft silicone bordered dressing over the sacrum of critically ill patients. Apply dressing in the ED for patients likely to be admitted for surgery or to critical care.
-  Apply a protective barrier cream after every cleaning and after incontinence.
-  Use high quality underpads to wick away moisture Instead of diapers whenever possible.
-  Anticipate the patient's elimination needs and provide toileting or hygiene according to schedule or need.
-  Provide fortified foods or high-protein/high calorie oral nutritional supplements between meals if nutritional requirements cannot be met by dietary intake.



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REFERENCES

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