

Friday, 16 October 2020

Nursing

Apples - Getting to the heart of pressure ulcer staging
The apple used as a tool for accurate staging

Stage 1
Intact skin with non-blanchable redness of a localized area usually over a bony prominence. Shiny, persistent redness, pallor, cyanosis, or bronze discoloration and the heel of foot. Pain, blisters, surface or temperature changes can be noticeable compared to adjacent skin. Daily repainting skin may appear differently.
Think of a red apple. The red colour will not go away when you touch it. This is like a Stage 1 pressure ulcer. It will not blanch because there are already signs of capillary compromise within the layer of skin.

Stage 2
Partial thickness skin loss involving epidermis, and often extending into a shallow ulcer with a red, pink, or white bed. This presents as a clear fluid-filled blister. A Stage 2 pressure ulcer does not contain any slough.
Think of an apple being peeled where you get used to remove the skin. A Stage 2 pressure ulcer would peel away from the dermis or more inner layers but not deeper.

Stage 3
Full thickness skin, subcutaneous fat, muscle, tendon, or bone is an exposed. Depth may be covered but it does not obscure the depth of tissue loss. May include undermining and tunnelling.
Think of when a red apple looks like when you take a nice healthy bite out of it, you are into the part of the apple. A Stage 3 pressure ulcer is similar usually with some depth to some signs of tunnels.

Stage 4
Full thickness skin loss with exposed bone, tendon or muscle. (Other tissues like cartilage, tendon, and ligament).
Think of a red apple where the skin (epidermis) is like the skin. A Stage 4 pressure ulcer is similar as you are through to the bone, muscle and tendons.

Deep Tissue Pressure Injury
Local or non-local skin with a dark area of persistent non-blanchable deep red, purple, or brown discoloration or localized redness resulting in a dark mottled red or blue/black skin. Think of a bruised apple. The skin is intact, but you can't see the red. The apple is still healthy but you can tell it is damaged. This is like a deep tissue pressure injury as you know there is some damage even though the skin is intact.

Unstageable
Full thickness skin loss in which the base of the ulcer is covered by slough and/or eschar in the second bed.
Think of a rotten apple. When the rotten completely takes the apple. It is completely unrecognizable to the apple underneath. This is like an unstageable ulcer as you can't see the red, purple or black tissue underneath.

Medical device related pressure ulcer
Medical device related pressure ulcers result from the use of devices designed and used for diagnostic or therapeutic purposes.
Example: Ankle support, cast, tubing, immobilizing apparatus, traction, non-invasive ventilation.
Medical device pressure ulcers range in degree.

Ischaemic / avascular injury
These injuries are caused by compromised or occluded arterial and/or venous blood flow to the skin and the subsequent development of tissue necrosis.
These are often accompanied by systemic conditions.
The patient may have a combination of pressure damage and ischaemic / avascular injury. A patient may have a combination of pressure damage and ischaemic / avascular injury.

Think SSKIN!
The 5 main risk factors assist the prevention of pressure ulcers.
It is a reminder that in order to prevent pressure ulcers (SSKIN) you need to think about:
- **S**kin protection
- **S**upport surfaces
- **K**nowledge
- **I**nteraction
- **N**utrition

Think of SCALE
Skin Changes At Life's End
At the end of life to reflect it is important to balance the skin care of the patient with the wishes and desires of the individual.
For more information look up: www.scale.org

HSC Health and Social Care

This poster has been created by Belfast HSC Trust and is supported by the Regional Pressure Ulcer Prevention Group led by the PHA. It is available for staff in any HSC organisation or the private/independent care home sector to download to assist staff in recognising, assessing and accurately staging pressure ulcer damage.

Details

Format

A4 poster

Target group

HSC staff and staff in independent/private care homes

Downloads

Attachment

Size

[SKIN apple poster HSC final 10.20.pdf](#) 2.75 MB

Tags

- [pressure ulcers](#)

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