

CHCA Project ECHO Personal Care Providers

All Teach, All Learn

Building Skills, Knowledge, and Confidence



Learning Snapshot

Recognizing and Preventing Skin Damage

Based on the Project ECHO session with Kimberly LeBlanc, NSWOC – May 28, 2025

This Learning Snapshot summarizes key tips, strategies, and interventions shared by Kimberly LeBlanc during a Project ECHO session focused on skin health. Personal Care Providers play a critical role in early identification, prevention, and reporting of skin damage.

The Big Three Skin Injuries

- 1 Pressure Injury:** Caused by prolonged pressure on the skin, often over bony areas.
- 2 Skin Tears:** Common in aging skin, often caused by trauma (IADLs, dressing) or friction.
- 3 Moisture-Associated Skin Damage (MASD):** From urine, stool, sweat, or wound exudate.

Key Prevention Tips

- Repositioning every 2 hours in bed and shifting weight every 15–30 minutes in a chair.
- Make use of tilt chairs to help change a person's position and check wheelchair cushions regularly.
- Moisturizing arms and legs twice daily helps to reduce the incidence of skin tears by over 50%.
- Avoid dragging a person's heels or causing friction over other bony areas during transfers.
- Using heel boots will help individuals at high risk of pressure injuries.
- Keep skin dry and clean. Use breathable incontinence products.
- Ensure proper oral care and denture fit to support nutrition.
- Encourage fluid intake and report eating difficulties promptly.

Skin Inspection and Reporting

- Check skin daily for redness, swelling, open areas, or moisture damage.
- Use pH-balanced cleansers (ideally below 5.6) and avoid soaps that remove the skin's oils.
- Apply thin layers of barrier cream. Silicone-based products are preferred.
- Avoid excessive layers or soaker pads on air mattresses – always follow the manufacturer's instructions.
- Check all skin folds daily, especially in hot weather or with obese clients.
- Ensure proper oral care and denture fit to support nutrition.
- Encourage fluid intake and report eating difficulties promptly.

When to Act

- Report early signs such as deep redness, purplish areas, or peeling skin.
- If you see something, say something—early action can prevent serious wounds.



https://www.rehabmart.com/category/geri_chairs.htm



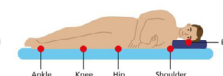
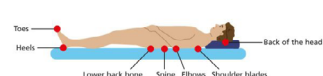
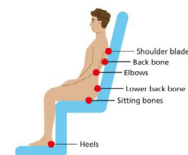
Pressure is centralized on a regular wheelchair



Pressure is distributed using the Tilt-in-Space function



Centre-of-gravity weight shifting Tilt-in-Space
Karmamedical.com



<https://library.sheffieldchildrens.nhs.uk/preventing-pressure-ulcers/>



Personal care providers are essential healthcare team members who deliver personal care and support to individuals receiving home care. This Project ECHO stream reinforces national standards and best practices and offers opportunities to learn new skills, gain knowledge from experts, and connect with peers in home care. This stream is designed to make learning easy, practical, and effective.

The Canadian Home Care Association (CHCA) is a national non-profit association focused on strengthening integrated home-based care. Representing public and private organizations across the country the CHCA partners with members to address pan-Canadian priorities through advocacy, awareness, innovation, and knowledge exchange.
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