

# Project ECHO Personal Care Providers

## All Teach, All Learn

Building Skills, Knowledge, and Confidence



## Preventing Wounds, Promoting Comfort

Presenters:

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Revelstoke Interior Health

Host: Jennifer Campagnolo, Project ECHO Home and Community Care Lead

June 17, 2025

# Land Acknowledgement



Artist Credit: Patrick Hunter

We recognize with humility and gratitude that Canada is located in the traditional, historical and ceded and unceded Lands of First Nation, Inuit and Metis Peoples. On behalf of us all, we acknowledge and pay respect to the Indigenous peoples past, present and future who continue to work, educate and contribute to the strength of this country.

# 2025 Theme: Skin Care and Maintenance

## Why Skin Care?

- Role of PCPs in skin care prevention and detection of wounds
- Survey participant feedback indicated interest by personal care providers through other streams
- National Occupation Standard for Personal Care Providers to provide umbrella guidance

# Introductions



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Nurse Specialized in Wound,  
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# Preventing Wounds, Promoting Comfort

Created by:

Justine Lowry HCA, CHW

Whitney Kendrick BSc. OT

Danielle Heisler RN, MSN, WOCC



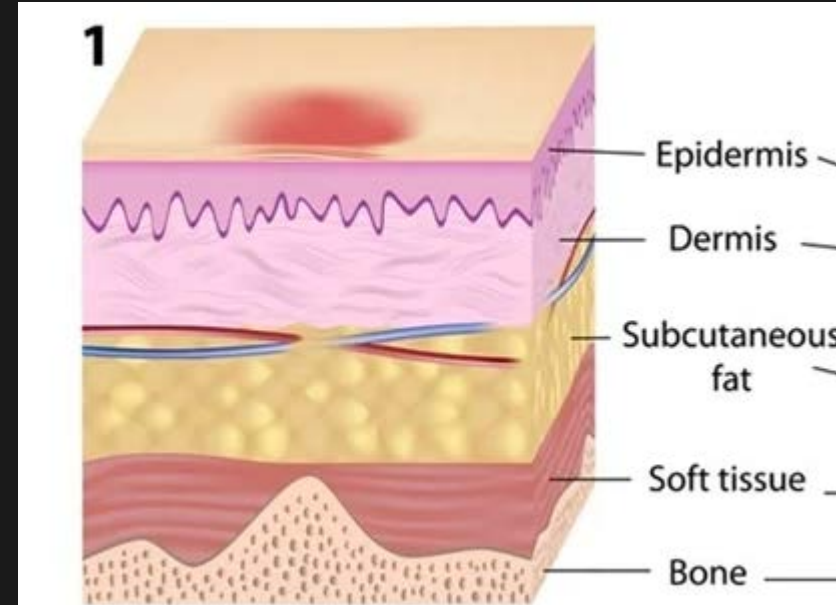
# Learning Objectives

- The physiology and anatomical changes of Pressure Injuries and moisture related skin injuries.
- How to assess someone skin while providing care.
- Offloading and supportive equipment.
- How to make positioning work in the home for client and the community health worker.
- Skin tears: classification, treatment and prevention.

## Pressure Injuries

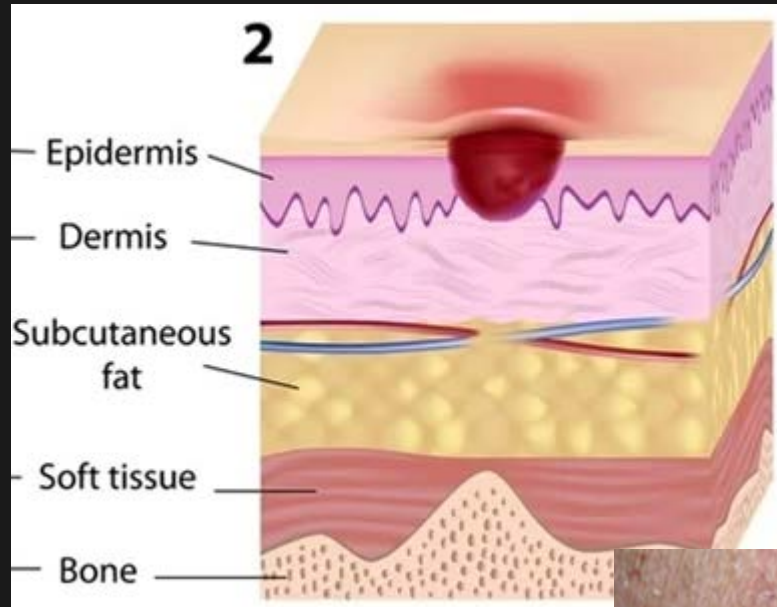
*You cannot heal a pressure  
injury without removing the  
pressure that caused the  
injury*

# Stage One

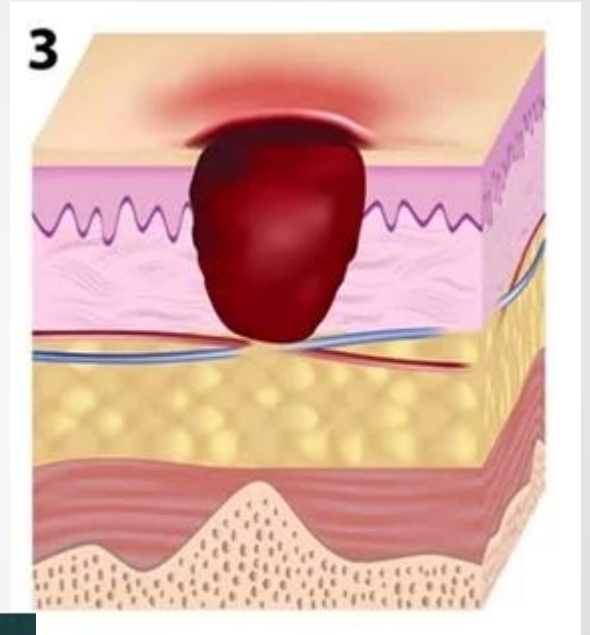




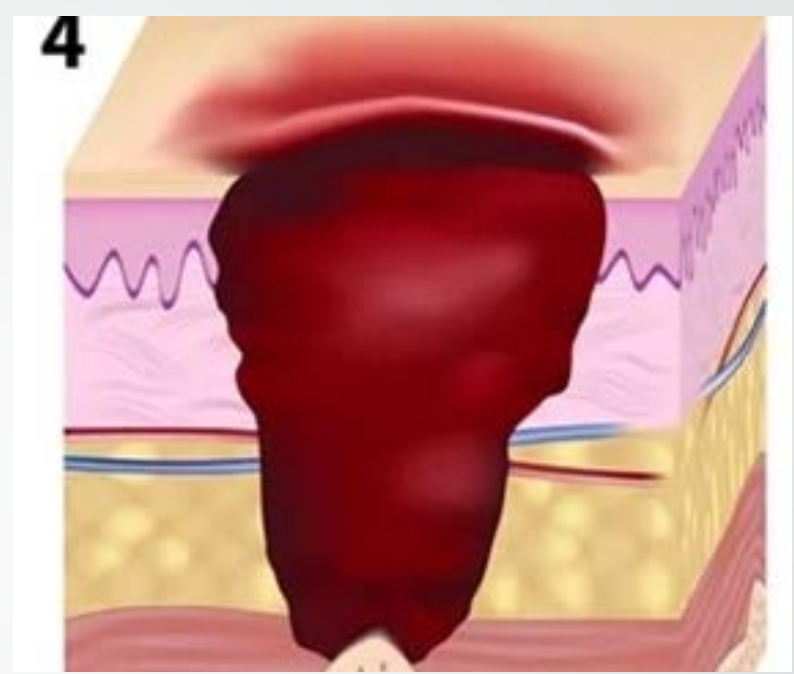
# Stage Two



# Stage Three



# Stage Four



# Stage X and Deep tissue injury

Stage X Injury



Deep Tissue Injury





# Moisture Associated Skin Damage

Moderate incontinence  
dermatitis



Severe Incontinence  
Dermatitis



# Basic Skin Care is the Best Prevention

## Cleaning and inspection

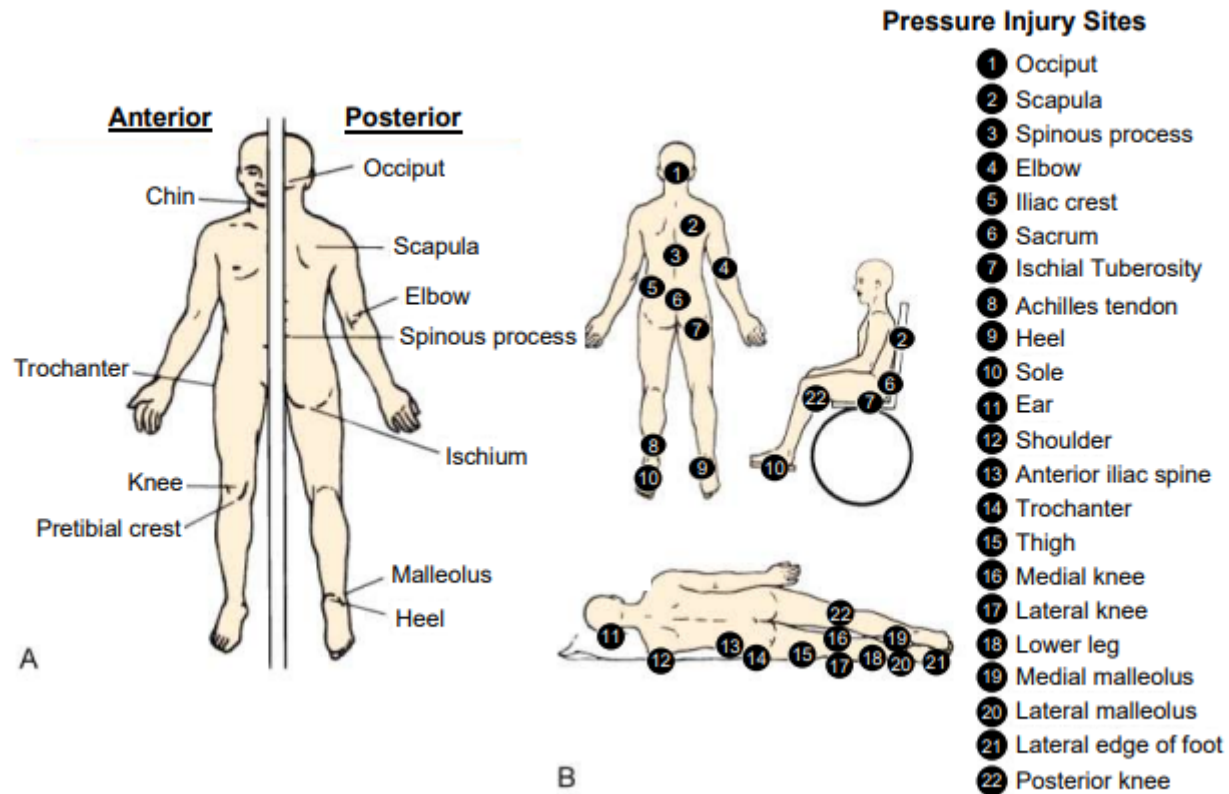
- Clean minimum 2-3 times per week for arms and legs. Increase frequency for those at risk of breakdown.
- When cleaning the skin, encourage use of a pH balanced and fragrance-free product.
- Pat dry, don't rub.
- Inspect the skin. Don't forget the bony prominences.

## Moisturizing and reassessing.

- Recommend moisturizing after cleansing, bathing or showering.
- A fragrance-free moisturizer is preferred
- Legs and arms would benefit from more frequently
- Communicate assessment with other members of team and delegate next time frame for assessment.



## Skin Assessment Flowsheet (Head-to-Toe)



Modified from Trelease CC: Developing standards for wound care. Ostomy wound Manage 20:46, 1988.

Complete a thorough skin check with each interaction

# Intro to Offloading Equipment



## Heel Suspension Devices

- Heels require special attention
- Need to fully off load with Boots or Supports

Ventopedic Boot  
w Butterfly Lift



Ventopedic Heel  
& Ankle Boot



HeelZup

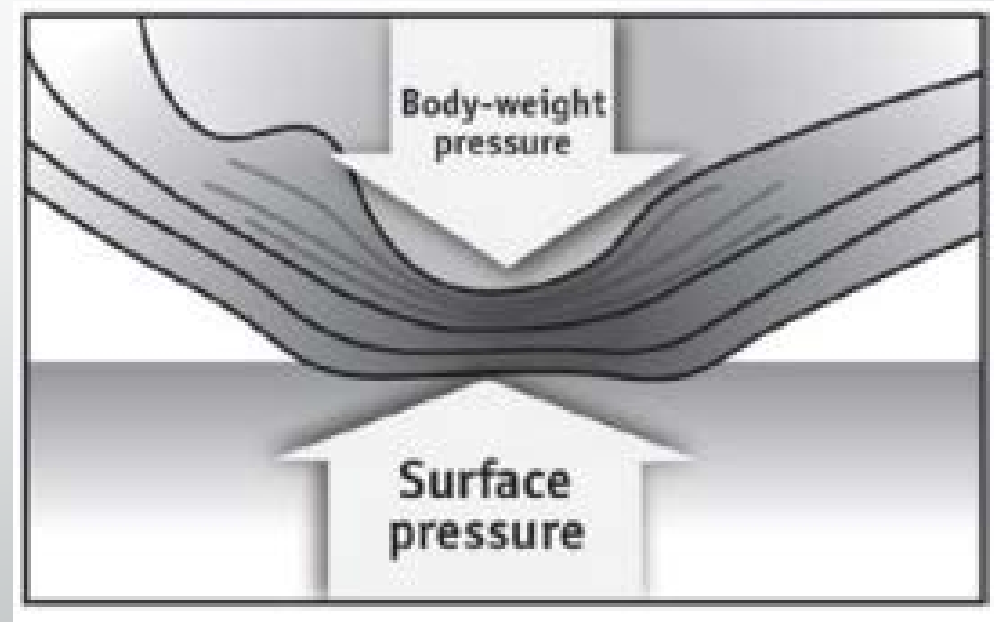
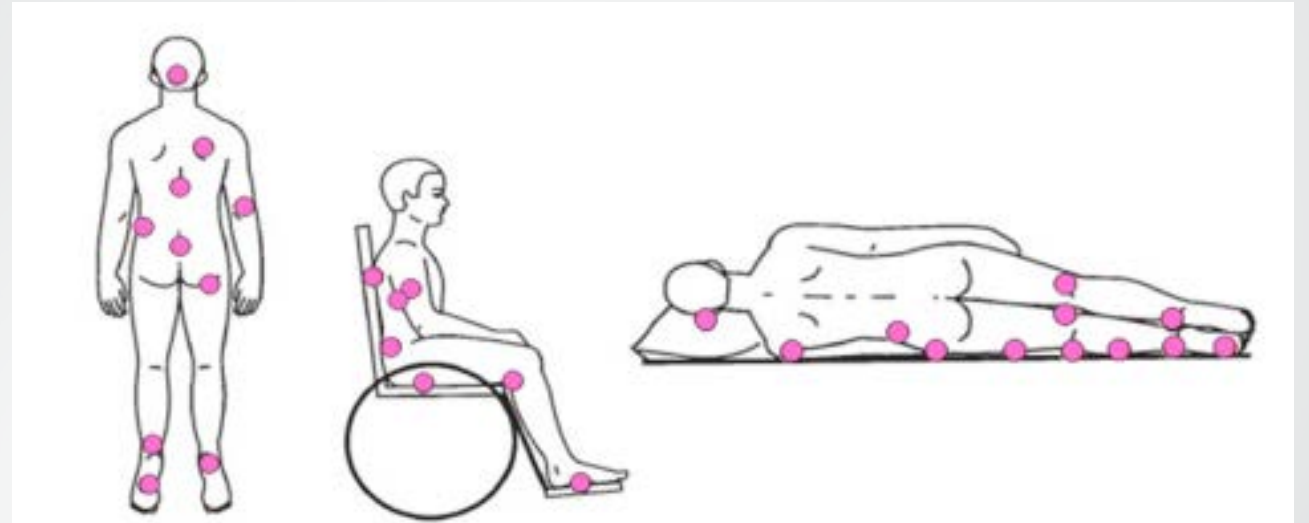


HeelZup Cloud



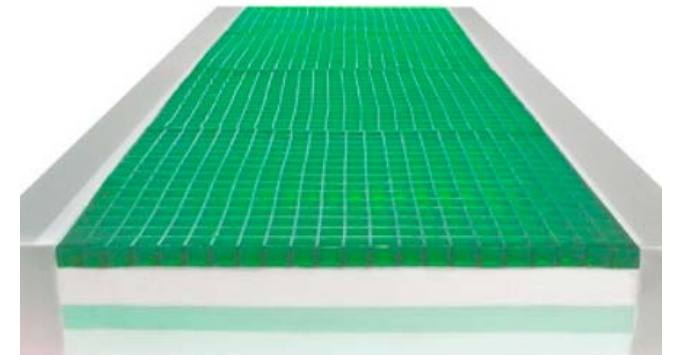
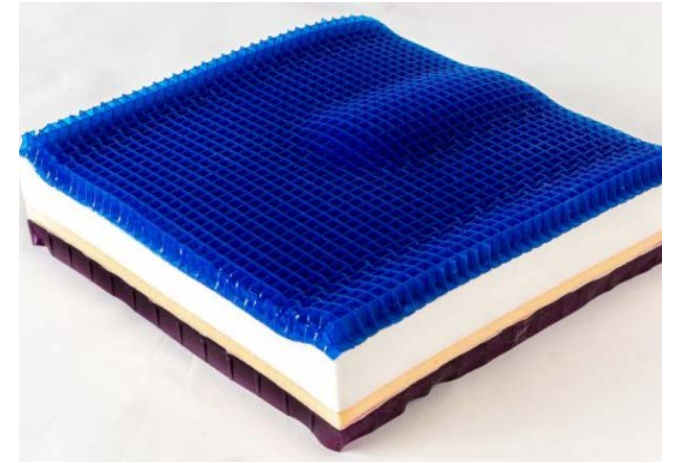
## Cushions and Mattresses

These products work to reduce pressure by redistributing pressure more evenly across the body surface. They help to reduce pressure points.





- These products redistribute pressure, enhance immersion and decrease surface tension





# **DO NOT COVER PRESSURE REDISTRIBUTION EQUIPMENT**



Adding a soaker pad creates a barrier that hinders this immersion, reducing the cushion's ability to provide pressure relief.



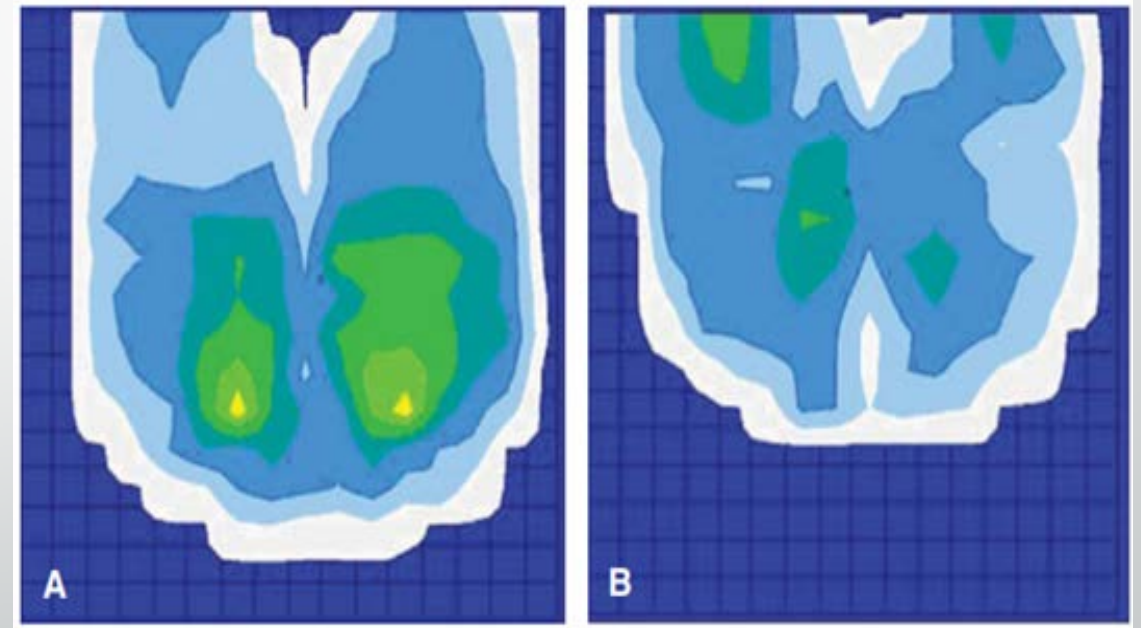
# Repositioning for Offloading

Throughout the day, encourage movement as often as client can. It is better to move a little bit, and more often, than to do just one big move.

CHANGE POSITION AT LEAST EVERY 2 HOURS

# Repositioning for Offloading

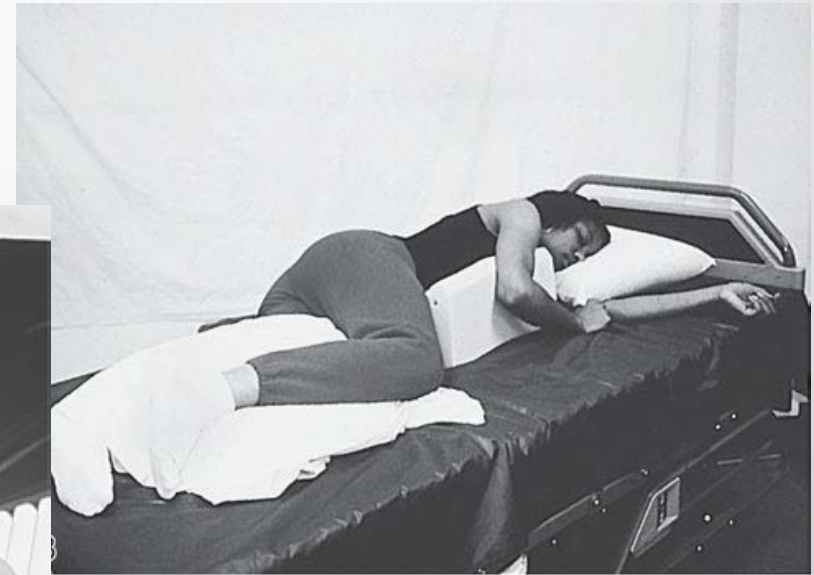
- CHANGE YOUR POSITION WHEN SITTING IN A CHAIR



# Repositioning for Offloading

- **CHANGE YOUR POSITION WHEN LYING IN A BED**

- Make big position changes (like turning from one side to the other) often, at least every 2 hours
- When side lying, position hips and shoulders so they are tilted 30° or 150°. Place a pillow between the knees and ankles so that the bony parts of those joints don't touch each other





# Body Supporters

Can be pillows, wedges,  
rolled blankets or towels



**STEP 1-Move the person to the right place in the bed**

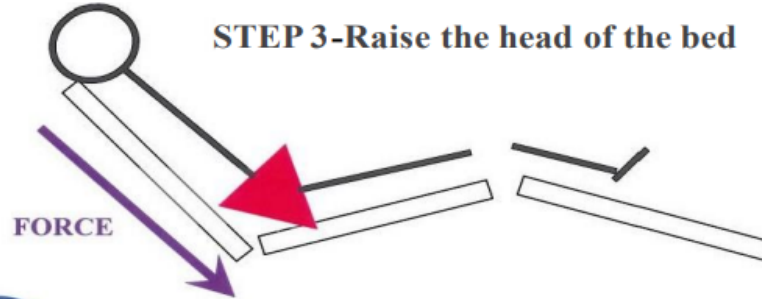
Pelvis is ~10cm (4") above the bend in the bed



**STEP 2 –Raise the knee gatch 10-20°**

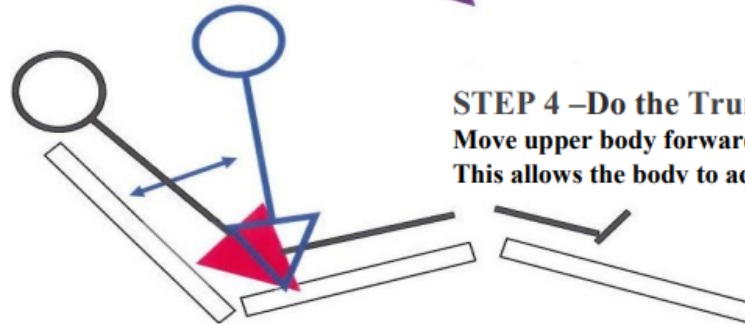


**STEP 3-Raise the head of the bed**



**STEP 4 –Do the Trunk Release Maneuver**

Move upper body forward and then back onto bed.  
This allows the body to adjust to the new position.



Best practice  
for protecting  
the skin is to  
keep HOB less  
than 30°.  
When this is  
not possible,  
follow steps 1-4  
to minimize  
shear and  
pressure.





# Collaboration Is Essential

Community Health Worker

Physical Therapist

Family

Registered Dietician

Nurse

The  
client

Physician/Nurse  
Practitioner


NSWOC

Social Work

Occupational Therapist



# Skin Tears



How to assess those at risk  
of skin tear development.

# Classification of skin tears

Type 1



Type 2



Type 3



What to do if  
someone acquires a  
skin tear during care.



# Decreasing Injury With Use of Mechanical Lifts

## Procedural steps of transfers



Harmony medical supply, 2024

- Use a sling that is appropriate for clients' size, weight, and condition
- Position the sling carefully while the client is lying down.
- Smooth out any wrinkles in the sling to prevent pressure points, keep clients' limbs supported to prevent dragging against surfaces.
- Raise and lower the client slowly and smoothly to minimize sudden shifts.
- Ensure the transfer surfaces (bed, wheelchair) are at appropriate heights to reduce angles that can cause shearing.



# Dermasavers and other protective equipment



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Questions?

# Discussion



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## What's Next for ECHO PCP?!

Please take a few moments to complete the survey and let us know what learning topics you would like to see covered in future learning sessions.

**<https://cdnhomecare.ca/chca-project-echo>**