

Preventing or Recovering from Pressure Injuries

Have I checked my skin today?

	 Green zone You are in control.	 Yellow zone Take action today. Call: _____	 Red zone Take action now. Call: _____
How am I doing?	Skin is intact without redness. I have no fever. I feel well. I can change position every 2 hours. No pain or soreness to boney areas. Blood Sugars are in my normal range _____ I eat 5-6 smalls meals a day. Eat 80 grams of protein a day or more.	Skin has red or purple color or shallow openings. Temperature 99.0°F-100.4°F I cannot turn every 2 hours or on my own. New pain on boney areas that gets better with movement. Blood Sugars up and down _____ I eat 2-3 meals a day. Eat 50-70 grams of protein a day.	Wounds are getting larger or have new black or yellow color. Wounds have a bad smell. Temperature above 100.4°F I feel sick. I cannot move on my own and no one is here to help me. Pain on boney areas that doesn't go away. Blood Sugars are high _____ I eat less than 2 meals a day. Eat less than 50 grams of protein a day.

My action plan for recovery

Things I can do:

- ☐ Move my body
- ☐ Change my position every 2 hours.
- ☐ Get up and walk if I can safely
- ☐ Look at my skin daily
- ☐ Check my socks for drainage
- ☐ Eat protein
- ☐ Drink plenty of fluids unless my doctor has given me a restriction.
- ☐ Keep my skin dry
- ☐ Update/get specialized cushions

How I will do these things:

- ☐ **Ask “How am I doing today?”**
- ☐ **Follow my Physical Therapist’s advice**
- ☐ **Follow my Occupational Therapist’s advice**
- ☐ _____
- ☐ _____

Your care team will work with you to set goals so you can stick to your plan.