

PREVENTING WOUNDS IN THE HOSPITAL



Wounds that develop in the hospital can lead to infections, prolonged recovery, and complications.

COMMON WOUNDS IN A HOSPITAL SETTING

- Pressure injuries known as bed sores
- Surgical site infections
- Skin tears

CAUSES OF HOSPITAL WOUNDS

- Pressure Injuries
 - Causes: prolonged pressure on the skin, especially for patients who are immobile
 - Common areas: tailbone, heels, elbows or back
- Surgical Site Infections
 - Causes: occurs when bacteria enters a surgical wound
- Skin Tears & Abrasions
 - Causes: friction, adhesion dressings or by accidental bumps

SYMPTOMS

- Redness or warmth
- Swelling or puss
- Worsening pain
- Skin breaking down or open wounds
- A sore does not heal or gets bigger
- Foul smell or fever

PREVENTION

- Move frequently and change positions every 1 to 2 hours
- Keep skin clean and dry
- Use proper support surfaces such as mattresses and pillows
- Monitor surgical sites
- Stay hydrated and eat nutritious meals
- Be gentle with skin



PREVENTION IS ALWAYS EASIER THAN TREATMENT.

WOUND CHECKLIST: SYMPTOMS & PREVENTION

Symptoms	✓
Redness or warmth	
Swelling or puss	
Worsening pain	
Skin breaking down or open wounds	
A sore does not heal or gets bigger	
Foul smell or fever	

Prevention	✓
Move frequently and change positions every 1 to 2 hours	
Keep skin clean and dry	
Use proper support surfaces such as mattresses and pillows	
Monitor surgical sites	
Stay hydrated and eat nutritious meals	
Be gentle with skin	

Please visit www.hospitalafetygrade.org to check hospital scores related to wound prevention.