

## **Newlyn Court Resident Information on:**

### **Pressure Injury Prevention**

#### **Hydration and Nutrition**

Newlyn Court takes prevention of pressure injuries and prevention of acute kidney injury very seriously. Our staff are trained to follow best practice guidelines to maintain residents' health and safety.

#### **Prevention of Infection**

We request that visitors use the hand gel provided when they enter and leave our home. If you have symptoms of diarrhoea, vomiting or chest infection please stay at home and do not visit as you will spread the illness amongst our vulnerable residents.

### **Pressure Injuries**

Pressure injuries can affect anyone, particularly those with poor mobility who are unable or have difficulty changing their position. Poor diet, anaemia, long term illness, poor circulation, recurrent infection, incontinence and dehydration can increase the risks.

Most pressure injuries can be prevented. We follow **ASSKINE** principles to try to prevent pressure injuries from developing.

**A** Assessment – we look at a range of factors to determine a residents risk level which assists us to plan their care.

**S** Surface – You will notice we have several pieces of equipment that help redistribute pressure to prevent injury. These include, specialist mattresses and cushions.

**S** Skin inspection – we monitor residents carefully throughout the day and night to look for early warning signs of pressure injury eg redness and blisters. The areas most at risk of developing pressure injury are sacrum, buttocks, heels, elbows, ankles, shoulders, spine and ears.

**K** Keep moving – All residents are encouraged to move or assisted to change position at assessed intervals.

**I** Incontinence and moisture – Carers assist residents to keep their skin clean and dry. Prescribed skin protectants are used as appropriate.

**N** Nutrition and Hydration – It is important that residents eat a healthy, nutritious diet rich in vitamin C and zinc and have an adequate intake of fluids. There is a wide choice of fresh food offered throughout the day and a variety of drinks and foods rich in fluids. Residents who have swallowing or special dietary requirements are fully catered for and assistance given to all who need it. Specialist supplement drinks and foods are prescribed for residents who require them. We refer to Dieticians and the SALT team for specialist advice.

**E** Evaluate – We regularly review residents' needs to ensure our planned care is appropriate and we escalate our care as needed.

[www.your-turn.org.uk](http://www.your-turn.org.uk) is designed to help understand causes of pressure injury and how they can be avoided.

## **Acute Kidney Injury**

Acute Kidney Injury (AKI) is a sudden reduction in kidney function. It is not a physical injury to the kidney and usually occurs without symptoms, making it hard to identify. In England over half a million people develop AKI every year. Older people and those with chronic conditions such as diabetes, heart failure and chronic kidney disease are particularly vulnerable.

Some medications may also increase the risks of AKI.

Our staff are trained to 'Think Kidneys', a national initiative to help prevent AKI. [www.thinkkidneys.nhs.uk](http://www.thinkkidneys.nhs.uk)

All of our residents have their hydration needs regularly assessed and reviewed. They have a daily hydration target. Their input and output is monitored closely, especially for those in our care who may have communication or swallowing difficulties. Where residents may be unable or unwilling to drink well, staff will encourage and facilitate, giving foods that are moisture rich eg jelly, soup, fruit etc.

We welcome information and suggestions from families to tell us the kinds of food and drink their loved one prefers.

Information for this leaflet provided by [www.britishkidney-pa.co.uk](http://www.britishkidney-pa.co.uk)

Tissue Viability Team – New Cross Hospital

[www.nice.org.uk](http://www.nice.org.uk)

[www.lovegreatskin.co.uk](http://www.lovegreatskin.co.uk)

The Renal Association

Kidney Research UK