

The SSKIN Care Bundle is a powerful tool as it defines and ties best practices together. The bundle also makes the actual process of preventing pressure ulcers visible to all. This helps to minimize variation in care practices.

The five step process for pressure ulcer prevention includes the following elements:

Surface: Make sure your patients have right support.

Skin inspection: Early inspection means early detection. Show patients and carers what to look for.

Keeppatients moving.

Incontinence/Moisture: Your patients need to be clean and dry.

Nutrition/Hydration: Help patients have the right diet and plenty of fluids.

The SSKIN Model provides a defined process for preventing pressure ulcers. It should be used in line with guidelines (see *Prevention and Treatment of Pressure Ulcers: Quick Reference Guide, NPUAP/EPUAP/PPPIA, 2014*), standards and flow charts of your organisation/services.

See also: SSKIN Audit Tool and Compliance Tool (included in this pack).