

**Taichung Armed Forces General Hospital**  
**Leaflet of Inpatient Nursing Instructions**  
壓力性損傷之護理指導

Sir/Lady:

Nursing instructions for pressure injuries

I. Purpose:

To understand that pressure injuries occur when skin and subcutaneous tissue are compressed or rubbed, leading to blood flow obstruction and necrosis. Learn how to care for pressure injury wounds.

Step:

- (1) First, clean the wound with 0.9% saline to remove any discharge, continuing until the wound is clean. Perform this 1-2 times daily (depending on the condition of the wound) to assist in healing.
- (2) When cleaning the wound and applying medication, wipe in a circular motion from the center of the wound outward. Do not wipe back and forth. Discard the cotton swab or cotton ball after each use to avoid reuse that can cause infection.
- (3) Apply the medication prescribed by the doctor, then cover the wound with sterile gauze and secure it with adhesive tape.

II. Precautions:

- (1) Observe the severity of the pressure injury wound and document it: Redness, blisters, ulcers, necrosis, depth of the wound, and whether there is any drainage (amount, color, consistency).
- (2) Pressure injuries occur when skin and subcutaneous tissue are compressed or rubbed, leading to blood flow obstruction and necrosis of the skin and subcutaneous tissue at the site. Therefore, the patient should be turned once every two hours to prevent pressure on the same area of skin.
- (3) Use pillows or other protective equipment (e.g., air mattresses) to support the patient stay in a comfortable position to avoid further pressure on the wound.
- (4) Nutrition and hydration: Ensure a diet high in protein, calories, and vitamins, such as fish, meat, eggs, milk, beans, vegetables, and fruits. Weak patients and elderly individuals are prone to dehydration, so it is important to monitor and provide adequate hydration.
- (5) Maintain a comfortable and clean environment: Ensure that the room has adequate lighting and ventilation. The bed should have smooth, not too firm, linens. Bed sheets and clothes should be kept neat and dry.

If you are still unclear about something or have any questions, please contact the nursing station in the ward