

What is SSKIN+?

SSKIN+ is a bundle of multiple actions that work together to help prevent pressure injuries

Keep your patient's skin safe:



Skin inspection: Inspect for signs of breakdown: moisture-associated skin damage, redness (blanchable or unblanchable)



Is your patient on the correct **support surface** (mattress, wheelchair cushion)?



Keep moving: repositioning every two hours (less or more based on patient condition or location) to achieve an offload of the bony prominences. Protect from devices that may apply pressure to skin and mucosal membranes



Protect the skin from **incontinence** and other moisture by keeping dry, using barriers, avoiding incontinence products when possible



Optimize **nutrition** and hydration by ensuring the patient has a dietitian consult, offering drinks and snacks, assessing and managing fluid balance



Use a validated **risk assessment** tool to determine the patient's risk of developing a pressure injury
Engage patients and families in pressure injury prevention and education

SSKIN+ was adapted for AHS and Covenant Health based on the successful *Stop the Pressure* program implemented in the United Kingdom within the National Health System. PIP bundles are recommended as best practice for implementation of PIP programs in health care systems by the [National Pressure Injury Advisory Panel and European Pressure Ulcer Advisory Panel](#).