

What is SSKIN+?

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



Skin inspection daily for signs of breakdown. Inspect for redness, moisture-associated skin damage, tears and open areas. Include skin folds.



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



Keep moving. Assist patient to mobilize. Reposition at least every two hours to achieve an offload of the bony prominences. Protect from **devices** that may apply pressure to skin and mucosal membranes (e.g. IV tubing, oxygen tubing, catheter, splints, etc.)



Protect the skin from **incontinence** and other moisture (e.g. perspiration, wound drainage). Use barrier cream as required. Avoid unnecessary incontinence products.



Optimize **nutrition and hydration** by offering drinks and snacks. Assess intake, manage fluid balance and ensure patient has a dietitian consult if required.



Complete pressure injury **risk assessment**, and implement prevention strategies (SSKIN+) as required.

Engage patients and families. **Educate** them about pressure injury risk and prevention.

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. Pressure injury prevention (PIP) bundles are recommended as best practice for implementation of PIP in health care systems by the [National Pressure Injury Advisory Panel](#) and [European Pressure Ulcer Advisory Panel](#).