

# Skin Integrity Impairment Risk

## 1.0.20

### Care Plans

#### Adult

# Skin Integrity Impairment Risk Care Plan


Reason / Problem UpToDate 

## Skin Integrity Impairment Risk

### Risk Factors

#### Condition/Disease:

Advanced age UpToDate

Altered mobility 

Fecal incontinence

Fluid or electrolyte imbalance

Hormonal factors

Immunologic status

Impaired circulation

Impaired nutritional status

Metabolic disorder

Poor skin turgor

Sensory impairment

Skin color changes

Urinary incontinence

#### Environmental:

Environmental factors

History of exposure to chemicals



#### Psychological/Personal:

Psychological factors

#### Therapy-Related:

Mechanical compression

Medications

Radiation therapy  

Surgery/procedure 

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### Assessment

Presence of one or more risk factors

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### Expected Outcomes UpToDate

#### Activity:

Mobility will improve

Encourage mobilization to extent of ability

# Skin Integrity Impairment Risk

Perform repositioning

Collaborate with physical therapy

## Cognitive:

Understanding of ways to prevent future skin breakdown will improve

Discuss precautions to protect skin integrity

Discuss treatment plan for related conditions UpToDate UpToDate UpToDate

Ability to identify appropriate dietary choices will improve

Discuss dietary adjustments UpToDate UpToDate UpToDate

## Nutritional:

Dietary intake will improve

Assess nutritional status UpToDate

Collaborate with dietitian

Assist appropriate dietary choices

Ability to maintain a balanced intake and output will improve



Assess intake and output


## Skin Integrity:


Risk for impaired skin integrity will decrease

Identify risk factors for impaired skin integrity and/or pressure ulcers   

Monitor medication effects

Implement precautions to protect skin integrity  

Use moisturizing agent to dry skin 

Perform cleansing of skin when soiled 

Provide pressure-relief bed or mattress

Ability to demonstrate warm and dry skin will improve

Monitor skin integrity, appearance and/or temperature 

Circulation will improve to fullest extent possible

Assess circulation, sensation and/or motion of extremity

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## Evaluation

### Activity:

Mobility has

### Cognitive:

Understanding of ways to prevent future skin breakdown has

Ability to identify appropriate dietary choices has

### Nutritional:

Dietary intake has

Ability to maintain a balanced intake and output has

### Skin Integrity:

Risk for impaired skin integrity has

Ability to demonstrate warm and dry skin has

# Skin Integrity Impairment Risk

Circulation has

to fullest extent possible

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