



Skin & Wound Care in Later Life

Last reviewed December 2019

Risk Assessment & Prevention of Pressure Ulcers

https://rnao.ca/sites/rnao-ca/files/Risk_Assessment_and_Prevention_of_Pressure_Ulcers.pdf

This best practice guidelines are intended for Nurses to identify those at risk of pressure ulcers. (OPEN ACCESS)

Taking the Pressure Off: Preventing & Managing Pressure Injuries

https://rnao.ca/sites/rnao-ca/files/Health_Education_Fact_Sheet_Pressure_Injury_-_5_FINAL.pdf

This fact sheet is intended for patients and explains the factors which lead to the development of pressure ulcers as well as tips on ways you can reduce the risk of developing pressure ulcers. (OPEN ACCESS)

Skin Tears Made Easy

<https://www.woundsinternational.com/uploads/resources/f4bcdbfac0ac39b4610be85fe0ce38c6.pdf>

This handout from Wounds International covers a variety of considerations when looking at skin tears in the elderly. (OPEN ACCESS)

Clinical Challenges of Differentiating Skin Tears from Pressure Ulcers

https://ewma.org/fileadmin/user_upload/EWMA.org/EWMA_Journal/Articles_latest_issue/April_2016/Leblanc_Clinical_challenges_of_differentiating.pdf

The authors use a case study approach to review the relationship between pressure ulcers and skin tears and highlight the importance of correct diagnosis for effective prevention and wound management. (OPEN ACCESS)

Wound Care in the Geriatric Client

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2697592/>

This article examines skin breakdown in the elderly including types of chronic wounds, ulcers and treatment considerations. (OPEN ACCESS)

Age-Associated Skin Conditions and Disease: Current Perspectives and Future Options

https://academic.oup.com/gerontologist/article/56/Suppl_2/S230/2605262

This aim of this publication was to provide a background on the mechanisms of skin aging and the resulting clinical implications. (OPEN ACCESS)

Hygiene and Emollient Interventions for Maintaining Skin Integrity in Older People in Hospital and Residential Care Settings

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD011377/full>

This Cochrane Review discusses age-related changes in skin, personal hygiene guidelines and various interventions. (OPEN ACCESS)

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Skin Matters: Impaired Skin Integrity in the Elderly

<https://www.o-wm.com/article/5635?page=0,0%20>

This article addresses multiple factors in the assessment and management of common changes in elderly skin. (OPEN ACCESS)

The Role of Nutrition for Pressure Ulcer Management: National Pressure Ulcer Advisory Panel, European Pressure Ulcer Advisory Panel, and Pan Pacific Pressure Injury Alliance White Paper

<https://cme.lww.com/files/TheRoleofNutritionforPressureUlcerManagementNationalPressureUlcerAdvisoryPanelEuropeanPressureUlcerAdvisoryPanelandPanPacificPressureInjuryAllianceWhitePaper-1426768197512.pdf>

The purpose of this paper was to review the 2014 nutritional guidelines to explore nutritional strategies for pressure ulcer management. (OPEN ACCESS)

Optimizing the Moisture Management Tightrope with Wound Bed Preparation 2015©

<https://cme.lww.com/files/OptimizingtheMoistureManagementTightRopewithWoundBedPreparation2015-1443026666735.pdf>

This publication provides an overview of moisture management and its importance in wound care. The authors distinguish the form and function of wound care dressing classes to optimize moisture management. (OPEN ACCESS)

Increased Bacteria Burden and Infection: NERDS and STONES

https://www.woundsinternational.com/uploads/resources/content_9132.pdf

The objective of this article was to give health care professionals an overview of wound infection / inflammation and bacterial balance to guide assessment and treatment of chronic wounds. (OPEN ACCESS)

Superficial Swab Versus Deep-Tissue Biopsy for the Microbiological Diagnosis of Local Infection in Advanced-Stage Pressure Ulcers of Spinal-Cord-Injured Patients: A Prospective Study

<https://www.sciencedirect.com/science/article/pii/S1198743X17302264?via%3Dihub>

The aim of this article was to investigate the predictive value of superficial swab culture to make a microbiological diagnosis of deep wound infections in spinal cord injury patients with advanced-stage pressure ulcers. (OPEN ACCESS)

Diagnosing Pelvic Osteomyelitis Beneath Pressure Ulcers in Spinal Cord Injured Patients: A Prospective Study

[https://www.clinicalmicrobiologyandinfection.com/article/S1198-743X\(15\)00987-8/pdf](https://www.clinicalmicrobiologyandinfection.com/article/S1198-743X(15)00987-8/pdf)

This article discusses a prospective study to assess the accuracy of multiple bone biopsies and imaging to diagnose pelvic osteomyelitis in those with pressure ulcers. (OPEN ACCESS)

Osteomyelitis Complicating Sacral Pressure Ulcers: Whether or Not to Treat with Antibiotic Therapy

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6594415/>

The authors discuss the evidence found after conducting a systematic literature review. (OPEN ACCESS)

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Skin Cleansing Practices for Older People: A Systematic Review

<https://onlinelibrary.wiley.com/doi/abs/10.1111/opn.12041>

The investigators evaluated the quality of evidence regarding skin hygiene and the maintenance and promotion of skin integrity. (OPEN ACCESS)

Pruritus in the Elderly: A Guide to Assessment and Management

<https://www.racgp.org.au/afp/2014/october/pruritus-in-the-elderly-%E2%80%93-a-guide-to-assessment-and-management/>

This article discusses the assessment and management of pruritus with a specific focus on the elderly population. (OPEN ACCESS)

Pruritus in Elderly Patients – Eruptions of Senescence

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3694596/>

The authors outline the pathogenesis of the most common forms of pruritic skin disease in elderly adults. (OPEN ACCESS)

Phototherapy in the Elderly <https://onlinelibrary.wiley.com/doi/abs/10.1111/ced.12626>

The aim of this article was to examine the safety, efficacy and utilization of phototherapy in elderly patients. (OPEN ACCESS)

Topical Antimicrobials in the Control of Wound Bioburden: Part 2

<https://www.o-wm.com/content/topical-antimicrobials-control-wound-bioburden%E2%80%94part-2>

This webpage overviews commonly used antiseptics, other topical antimicrobial agents, wound cleansing and dressings. (OPEN ACCESS)

Wound Fluids: A Window into the Wound Environment?

<https://journals.sagepub.com/doi/abs/10.1177/1534734607307035>

This review discusses the collection of wound fluid and highlights biomarkers that may be useful. (PAID ACCESS)

Exploring the Effects of Pain and Stress on Wound Healing

https://journals.lww.com/aswcjournal/Fulltext/2012/01000/Exploring_the_Effects_of_Pain_and_Stress_on_Wound.10.aspx#pdf-link

This article aimed to improve understanding of the interrelationships of pain, stress and wound healing to assist in applying strategies to reduce pain and anxiety in patients with chronic wounds. (OPEN ACCESS)

Effective Support Surface Selection in Preventing and Treating Pressure Ulcers

<https://www.woundsource.com/print/whitepaper/effective-support-surface-selection-preventing-and-treating-pressure-ulcers>

This white paper provides a cost-benefit review of surfaces and preventative measures for pressure ulcers. (OPEN ACCESS)

Pathogenesis of Wound Healing Disorders in the Elderly

<https://onlinelibrary.wiley.com/doi/epdf/10.1111/ddg.13199>

The authors provide an overview of the epidemiology of chronic wounds, pathophysiology of chronic wounds in the elderly, contributing factors in chronic wounds. (OPEN ACCESS)