

The Brain Buzz

A UAMS NEWSLETTER FOR STROKE SURVIVORS
AND THEIR CAREGIVERS



Support Group

The UAMS Stroke Support Group meets on the third Thursday of each month.

NEXT MEETING:

Dec. 15, 2011

TIME:

11 a.m. - Noon

LOCATION:

UAMS Family Home
4300 W. Markham
Little Rock, Arkansas
72205

Feel free to bring your lunch. Dessert and drinks will be provided.

To register or for further information, contact (501) 686-7791 or email smithdanam@uams.edu.

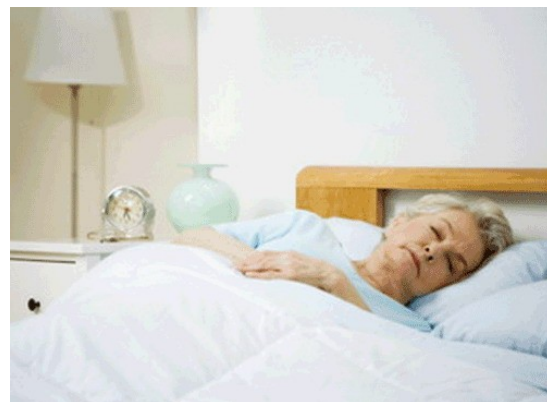
Preventing Skin Breakdown After a Stroke

By Donella Doctor, RN, MNSc, CWON

Individuals at risk of developing pressure ulcer or skin breakdown are those whose mobility or sensation of pressure are impaired. This includes the elderly, stroke victims and anyone who is bedridden or confined to a wheelchair. A pressure ulcer or sore develops when pressure on the skin causes a decrease in the blood supply to the tissue.

To prevent pressure ulcers:

- Check your skin daily for redness or open wounds.
- When you bathe, gently clean and thoroughly dry your skin.
- Treat dry skin with a good moisturizer. Bathing less often and using milder soaps can also help relieve dry skin. Warm water is less irritating to dry skin than hot water.
- If you have problems with bowel or bladder control, change adult diapers/pull-ups frequently. Check for soiling at least every 2 hours. Use of skin barrier creams can help prevent damage from urine and stool. It is the same principal as preventing diaper rash in babies. Use Desitin, A&D ointment, or other similar products to protect the skin from moisture.
- Turn or change position at least every 2 hours. If you can't move yourself, ask someone to help you move.
- If you are chair bound, reposition yourself at least every 15 minutes. If you cannot move yourself, have someone move you at least every hour.



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Preventing Skin Breakdown Continued.....

- Don't use donut type cushions. They can cut off blood supply to the skin.
- Avoid rubbing your elbows or heels against bed linen when you change position in bed.
- Exercise your body to keep flexible. If the joints of your affected limb are not moved through their full range of motion they can become stiff to the point that they can no longer be straightened. Exercise your joints at least twice a day. Get help if you cannot do this yourself.
- Maintain a healthy diet and drink plenty of water to keep hydrated. If you don't eat well you may be a risk for developing pressure ulcers.

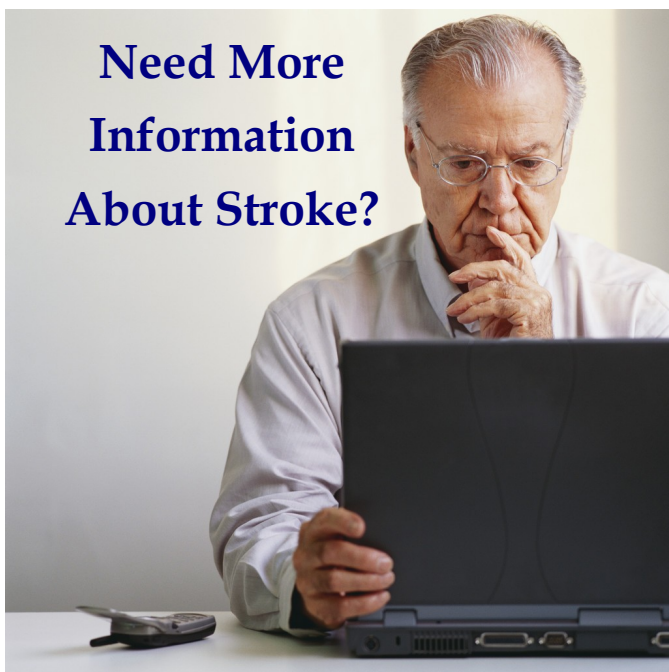


Pressure ulcers can have serious consequences if not treated early. Not only do they cause a lot of pain and discomfort, but they can be very costly as well. Report any areas of redness that does not go away after 30 minutes or breaks in the skin to your doctor. Prevention is the key! Care must be aimed at reducing risk factors and implementing preventive skin measures.

*Life is not about how fast you run or how high you climb
but how well you bounce.*

-Vivian Komori

**Need More
Information
About Stroke?**



National Stroke Association

1-800-STROKES (787-6537)

www.stroke.org

American Stroke Association

1-888-4-STROKE (478-7653)

www.strokeassociation.org