

Skin Care Training

Skin care is the range of practices that support skin integrity, enhance its appearance and relieve skin conditions. They can include nutrition, avoidance of excessive sun exposure and appropriate use of moisturizing lotions or creams. Skin care is not generally a complicated task, it is nonetheless considered very important to an individual's sense of wellbeing and overall health. Personal Care Workers (PCW) must follow policies related to standard prevention when supporting individual's with their personal hygiene and skin care, which contributes to the individual's care and safety. PCW may assist with skin care which is preventative rather than therapeutic in nature to include the application of non-medicated lotions, creams, and solutions **not requiring a physician's prescription**.

Before applying ANY non-prescription cream/lotion/solution it is vital to ensure that you have been directed to do so by the parent or guardian. An individual may have an allergy to ingredients in a topical solution so be sure to only use those approved.

Approved list of non-medicated/prescription skin care creams, lotions, and solutions:

- Diaper cream
- Sunscreen
- Moisturizing lotion/cream
- Baby wipes
- Baby powder
- Vaseline
- Orajel

Prohibited list of skin care solutions(requiring a physician's prescription):

- Medicated lotions/creams, such as, but not limited to those for eczema, diaper rash, acne or other skin conditions.
- Medicated shampoos
- Medicated drops or ointments associated with eyes, nose, ears or mouth
- Any oils or solutions containing CBD or THC

Another aspect of skin care is monitoring to ensure integrity of the individual's skin. The skin is always susceptible to and at risk of injury and breakdown. Maintaining skin integrity equals maintaining skin health, and this includes people of any age. Friction, shear, moisture, pressure, and trauma are all causes of skin breakdown. These factors can work together or alone to damage and injure skin. Immobility, poor nutrition, incontinence, medications, dehydration, impaired mental status, and loss of sensation are other culprits in skin breakdown.

Follow these preventive steps to maintain proper skin health.

- Moisture barrier- Keep the skin protected from prolonged contact with moisture. If an individual is incontinent, change frequently and use non-medicated moisture barrier creams if necessary.
- Turning/repositioning- If the individual has limited mobility, ensure they are being repositioned every 2 hours or as needed. Prolonged sitting or laying in the same position can cause pressure sores. When repositioning, lift the individual. Do not slide an individual, as this can cause delicate skin to tear.
- Protect- Apply lotion or sunscreen as directed by parent/guardian to protect skin from over-drying or sunburn.

- Skin inspection- Observe skin regularly during care for any signs of breakdown to include, redness, rashes, tears, or bruising and report to parent/guardian and admin staff immediately.

All PPRS staff are trained in First Aid and can assist with basic first aid such as, cleaning minor cuts and scrapes, applying bandaids, and using non-prescription medicine. The PCW is not allowed to do wound care (other than basic first aid), dressing changes, or the application of prescription medications on non-intact skin. Always notify Pikes Peak Respite Services admin team if there is a need for any First Aid or an observation of skin breakdown, and complete an incident report.