

# Recognizing and Reporting Skin Condition for Certified Nursing Aides

## 1. Importance of Skin Assessment

- Purpose: Early detection of skin issues is crucial for preventing complications like pressure ulcers and infections, ensuring patient comfort, and facilitating timely medical intervention.

## 2. Common Skin Conditions

- Pressure Ulcers: Watch for stages from redness to open sores, typically on pressure points such as heels and the sacrum.
- Rashes: Identify types like contact dermatitis or fungal infections, noting redness, itching, and swelling.
- Bruises and Wounds: Distinguish between bruises (color changes) and open wounds (cuts, lacerations), assessing the extent of tissue damage.
- Dry Skin and Itching: Look for dryness, flakiness, and itching, often due to dehydration or environmental factors.

## 3. Assessment Techniques

- Visual Inspection: Conduct thorough visual exams of the skin, especially on pressure points, using good lighting.
- Palpation: Gently feel the skin to assess its temperature, moisture, and texture.
- Documentation: Accurately record observations, including size, color, and condition of skin issues, and any patient symptoms.

## 4. Reporting Procedures

- Immediate Reporting: Report any new or worsening skin conditions promptly to a nurse or supervisor.
- Effective Communication: Use clear descriptions and complete required documentation forms or electronic records accurately.

## 5. Preventive Measures and Care

- Skin Care: Ensure regular, gentle skin cleansing, moisturizing, and repositioning to relieve pressure.
- Hydration and Nutrition: Promote adequate fluid intake and balanced nutrition to support skin health.

By mastering these skills, CNAs can effectively contribute to maintaining patient skin health and addressing skin conditions promptly.