

POCKET GUIDE FOR SKIN INSPECTORS

This Guide allows for early identification of skin changes which can assist in prevention and further deterioration of pressure ulcers.

Use of finger test in the prevention of pressure ulcers – a guide for skin inspectors.

- Apply light finger pressure on the area of concern with your thumb or finger
- Press and hold for 10 – 15secs
- Look at the colour of the skin when you release your thumb or finger
- If the skin turns white (blanching) there is probably an adequate blood supply to this area and it is not a Grade 1 pressure ulcer. Daily checks are required
- If the skin remains red (non blanching) this indicates the beginning of Grade 1 pressure ulcer. Preventative measures must be taken **immediately** to remove the pressure and avoid positioning on this area until the redness has resolved. This should be documented in the notes.

Any alteration in skin colour (redness, purple or black), increased heat or swelling may imply underlying tissue breakdown. Darkly pigmented skin does not blanch. Signs to look for include purple discolouration, skin feeling too hot or cold, swelling, hardness or pain.