

# 10 Risk Factors for Pressure Ulcers

## ***Early Identification For Early Prevention***

A person exhibiting one or more of these risk factors is at risk for pressure ulcer formation or progression.

1 **Functional dependence**

2 **Bed- or chair-bound (immobility)**

3 **Difficulty swallowing or chewing**

4 **Poor nutritional status**

Indicators are:

- Triceps skinfold in depleted range
- Serum albumin  $\leq 3.5$  g/dL
- Dietary intake  $< 75\%$  of daily needs
- Weight loss of  $\geq 5\%$  in 30 days or  $\geq 10\%$  in 6 months

5 **Dehydration**

6 **Poor circulation**

7 **Stool and/or urinary incontinence**



8 **Poor skin condition**

9 **History of pressure ulcers**

10 **Advanced chronological age**

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