

DAILY SKIN CHECK

Remember: **S.K.I.N.S**

- S** Scan the whole body
- K** Know high-risk areas
- I** Identify changes early
- N** Notify the nurse
- S** Skin care routine (Clean, Pat Dry, Moisturise)

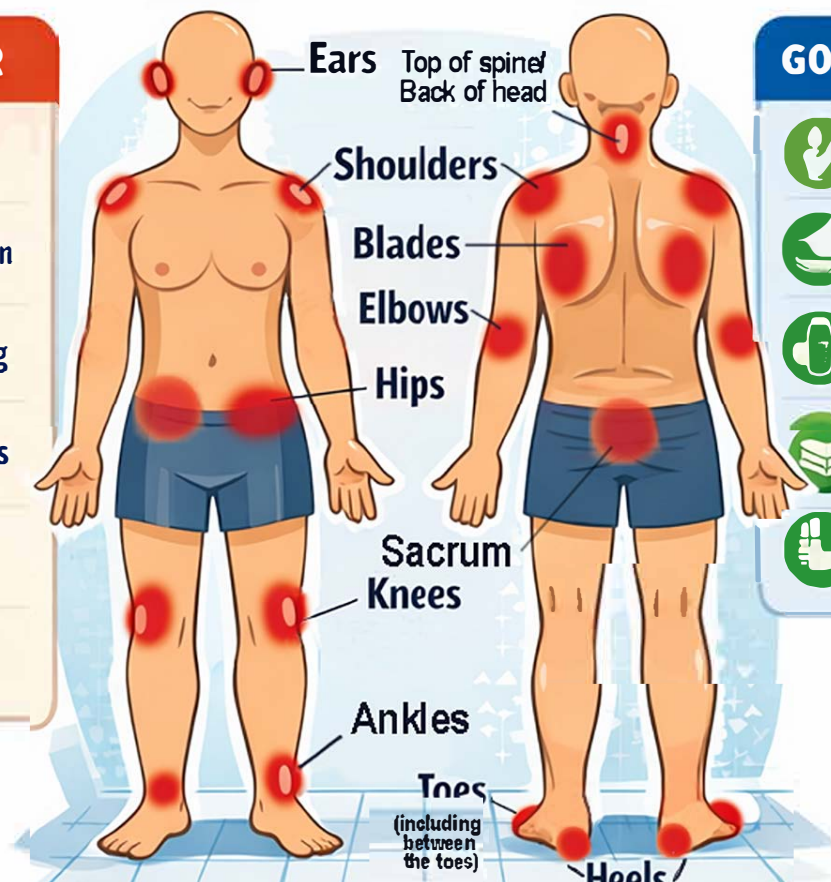
HIGH RISK AREAS TO CHECK!

Front

Back

WHAT TO LOOK FOR

-  Red or sore spots
-  Blisters or broken skin
-  Swelling or bruising
-  Dry or cracked areas
-  Moisture damage
-  Any new marks



GOOD SKIN CARE HABITS

-  Clean & pat dry
-  Moisturise well
-  Check skin folds
-  Keep bedding dry
-  Relieve pressure often

Report any skin changes to the nurse IMMEDIATELY!

