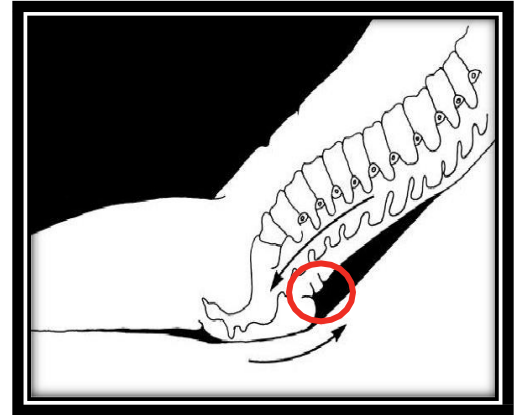


SHEAR INJURIES

Common causes of shear injury:

1. Dragging a patient up in bed.

This can cause the skin to fold up on the back and sacrum, impairing circulation to the tissues. Always bend the patient's knees prior to boosting and lift them as much as possible.



2. High HOB elevations. As the patient slips down in the bed the sacral skin slips and stretches, interfering with circulation. Only elevate the HOB >30 degrees if medically necessary (e.g. ventilator, elevated IPC, aspiration precautions, eating).

3. Moisture. Increases the likelihood for a shear injury. When the skin is moist, it sticks to the sheets and is more likely to fold, slip, and stretch.

Shear injuries are almost always the result of pressure.