



**MEDCARE MOBILITY**  
EMPOWERING INDEPENDENCE. DELIVERING CARE.

# Bed Sore Prevention Checklist

A practical daily guide for caregivers, home care, nursing homes, assisted living, and healthcare professionals.



This checklist is intended for educational purposes only and is not a substitute for professional medical advice.

# Daily Pressure Ulcer Prevention Checklist

Use this page as a simple daily routine. Check each item that was completed or reviewed during care.

## 1. POSITION CHANGES

- Reposition bedridden patients regularly according to care plan
- Encourage weight shifting for wheelchair users
- Avoid prolonged pressure on one area of the body
- Use pillows or positioning aids when appropriate
- Check heels, tailbone, hips, and shoulders for pressure



## 2. SKIN INSPECTION

- Inspect skin daily
- Look for redness that does not fade
- Check for discoloration or darkened areas
- Monitor for warmth, swelling, or tenderness
- Report any new skin changes immediately

## 3. MOISTURE MANAGEMENT

- Keep skin clean and dry
- Change soiled clothing or bedding promptly
- Monitor excessive sweating
- Use moisture barriers if recommended

## 4. NUTRITION & HYDRATION

- Encourage adequate water intake
- Monitor meal consumption
- Ensure adequate protein intake
- Discuss nutritional concerns with healthcare providers

## 5. MOBILITY & ACTIVITY

- Encourage safe movement when possible
- Assist with transfers properly
- Reduce prolonged sitting without repositioning
- Promote activity according to patient ability

# Pressure Injury Risk Assessment

Use this page as a simple daily routine. Check each item that was completed or reviewed during care.

## HIGH-RISK PATIENT REVIEW

- Limited mobility
- Bedridden most of the day
- Uses wheelchair for extended periods Recent surgery
- Stroke recovery
- Diabetes
- Poor circulation
- Incontinence
- Unintentional weight loss
- Dehydration risk
- Advanced age
- Previous pressure ulcer history

## WARNING SIGNS

- Persistent redness
- Open skin areas
- Blisters
- Skin breakdown
- Increased pain
- Drainage or odor
- Blackened tissue
- Signs of infection



## EQUIPMENT & SUPPORT SURFACES REVIEW

- Mattress inspected
- Cushion inspected
- Positioning aids available
- Transfers performed safely
- Mobility equipment functioning properly

### Sources & Clinical References

· Agency for Healthcare Research and Quality (AHRQ)  
Preventing Pressure Ulcers in Hospitals Toolkit  
<https://www.ahrq.gov/patient-safety/settings/hospital/resource/pressureulcer/tool/index.html>

· National Institute on Aging (NIA)  
Skin Care and Aging  
<https://www.nia.nih.gov/health/skin-care-and-aging>

· Centers for Disease Control and Prevention (CDC)  
Healthy Aging Resources  
<https://www.cdc.gov/healthy-aging-data/index.html>

## Need help preventing pressure injuries at home?

Compare hospital beds, pressure redistribution mattresses, wheelchair cushions, patient lifts, positioning aids, and caregiver safety equipment at [MedCareMobility.com](https://www.MedCareMobility.com).