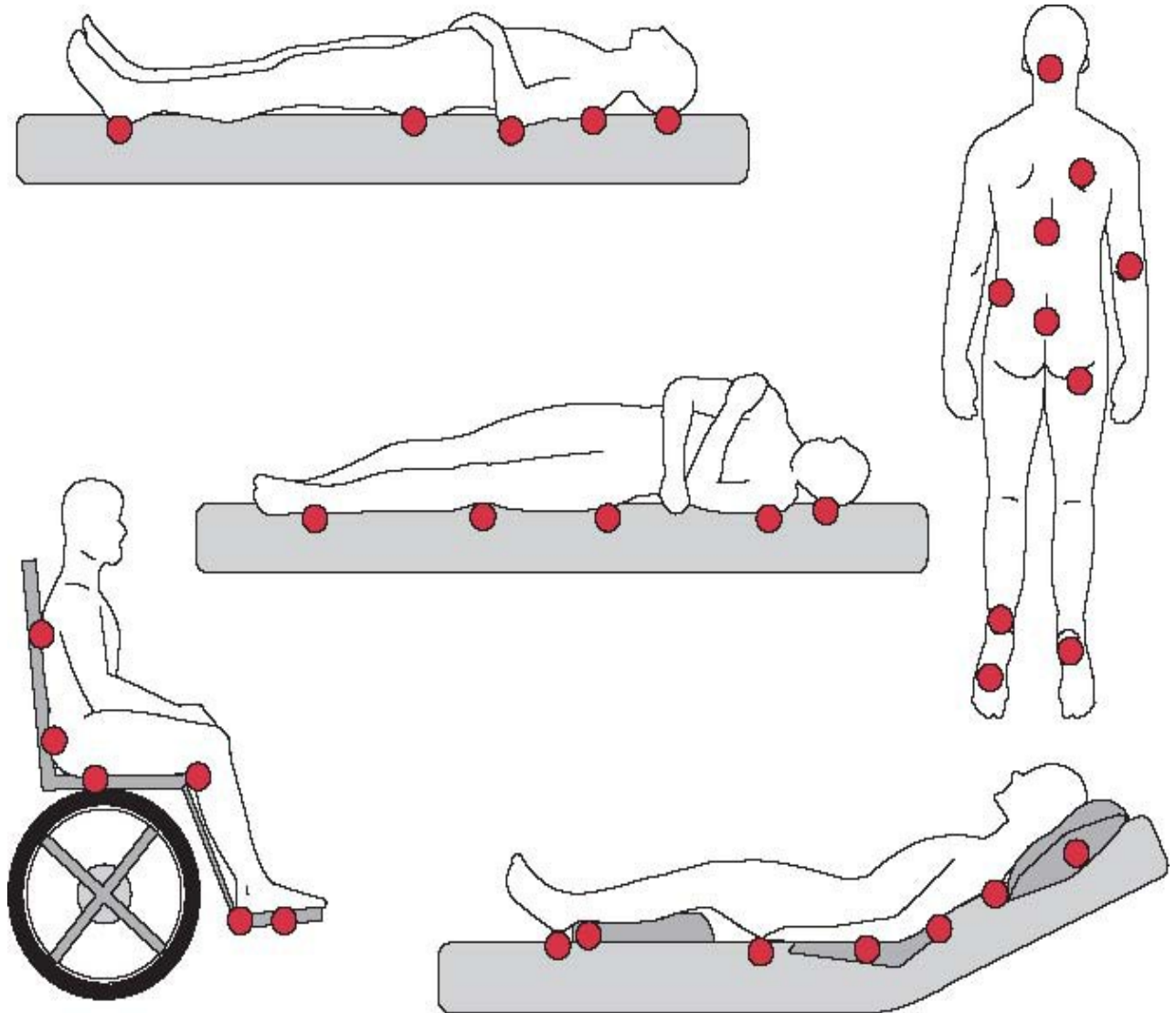
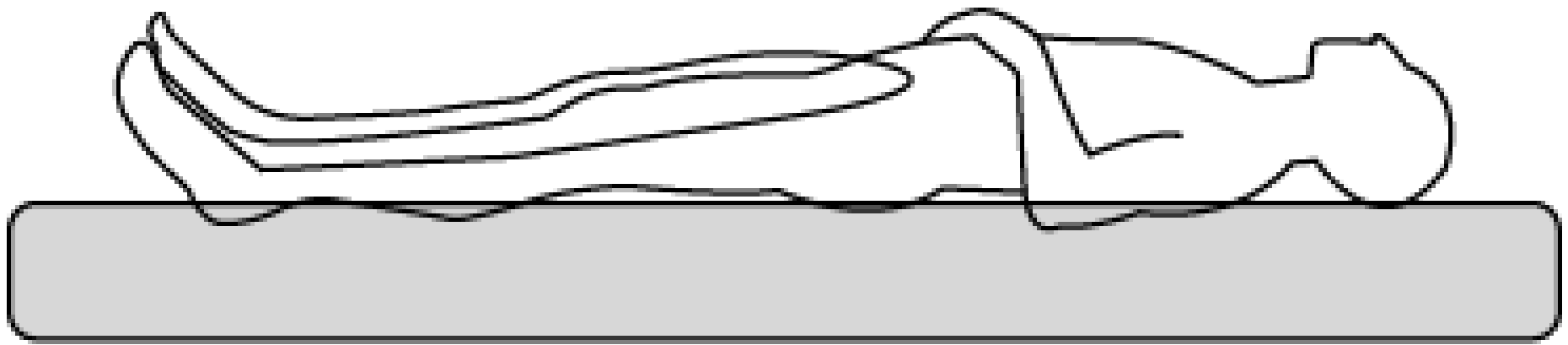


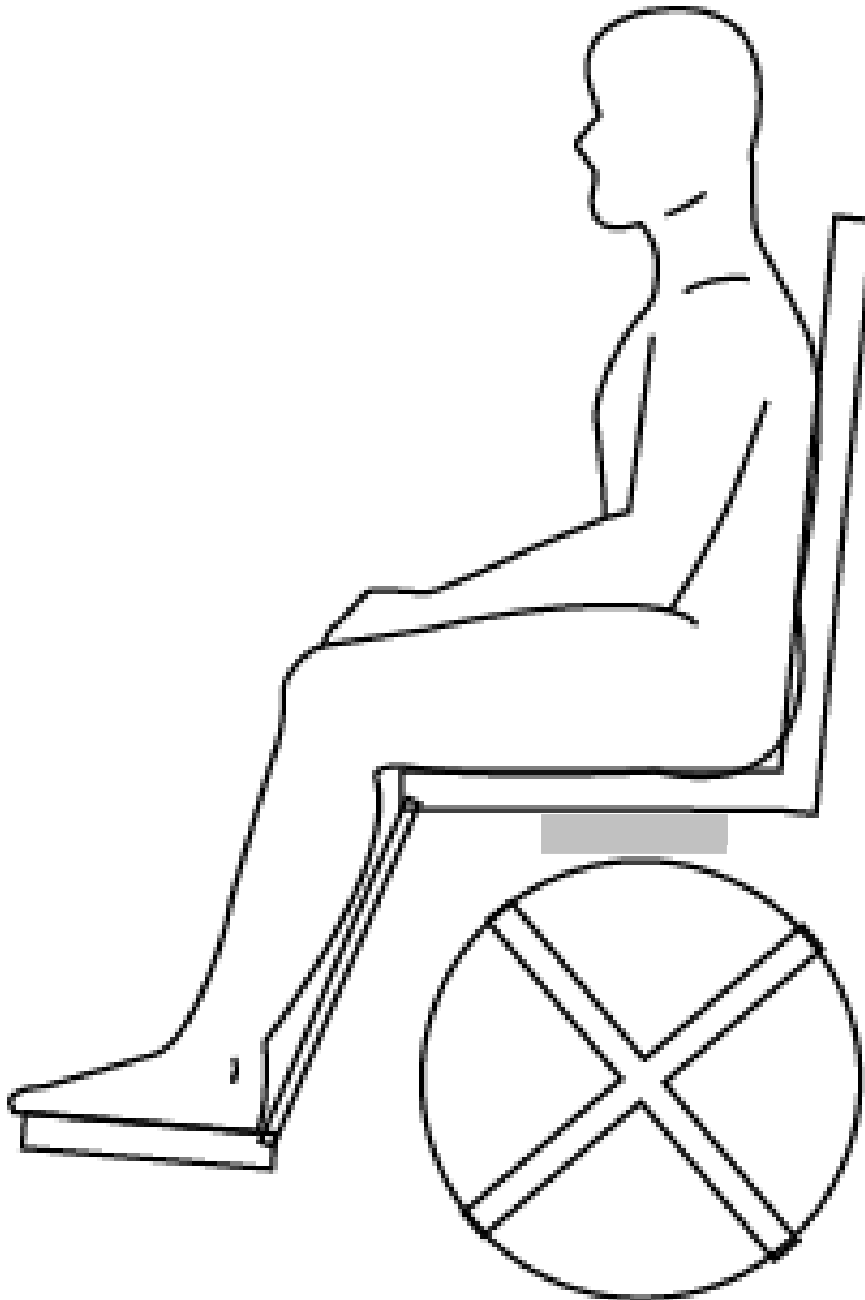
Answer Sheet for Red Marks the Spot Activity



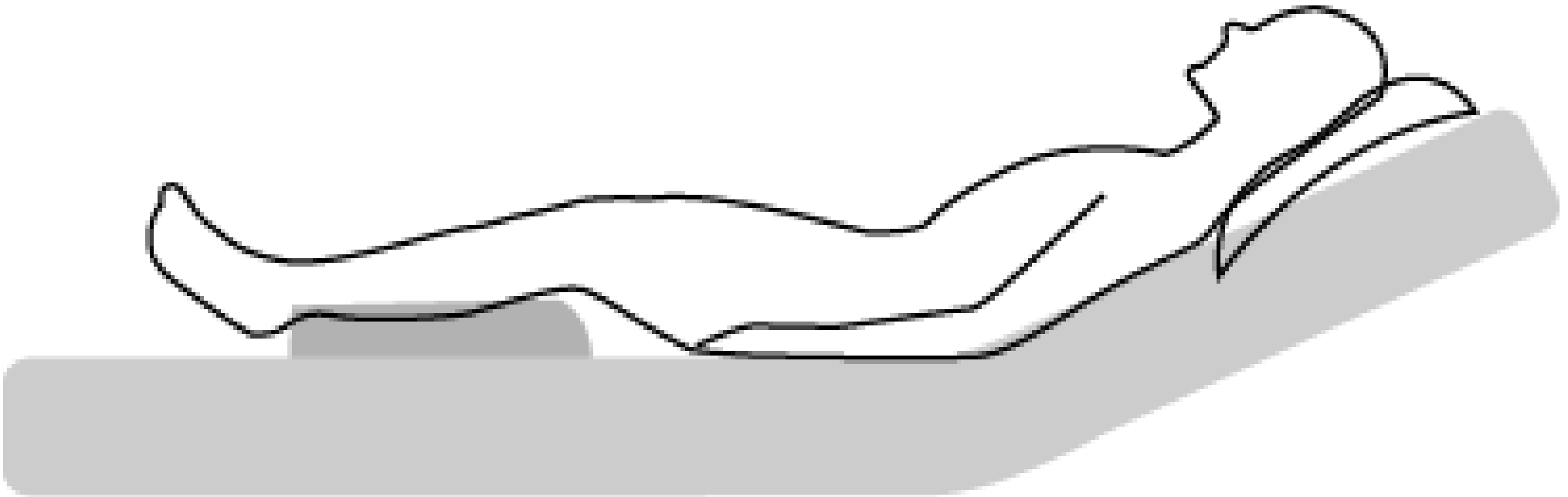
Activity- Red Marks the Spot



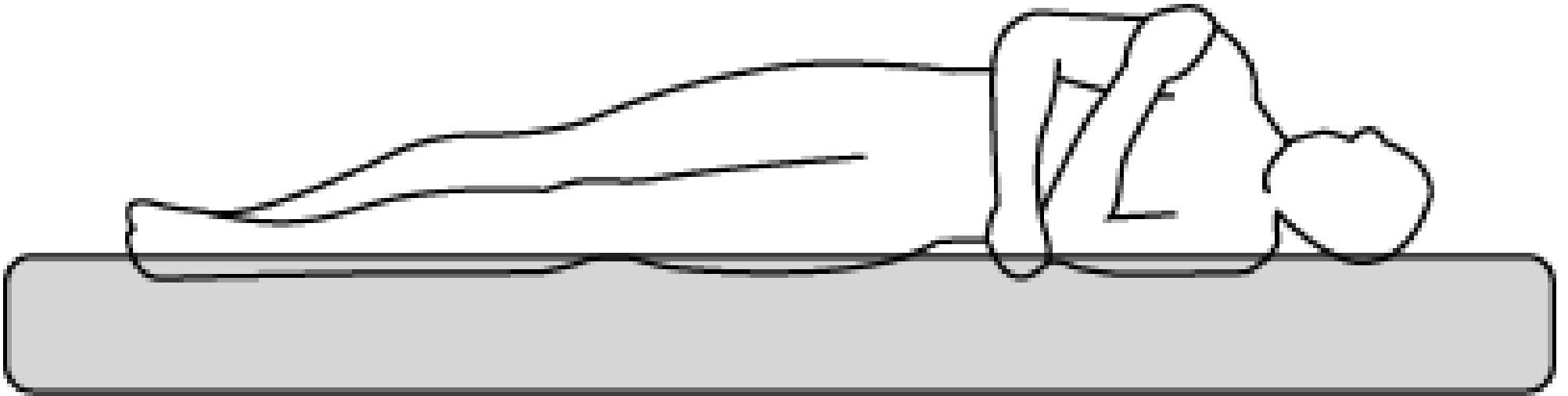
Activity- Red Marks the Spot



Activity- Red Marks the Spot



Activity- Red Marks the Spot



CSI: DISTRICT OF COLUMBIA
Pressure Ulcers

GROUP DISCUSSION- ANSWER SHEET

To summarize session content use questions to facilitate group discussion.

1. Identify four risk factors for pressure ulcer development
 - Decreased mobility/activity
 - Moisture
 - Poor nutrition
 - Medical conditions
 - Friction and shear
 - Age

2. List four measures we can take to prevent pressure ulcers.
 - Identify persons at risk
 - Physical Assessment
 - Skin care
 - Support surfaces
 - Nutrition
 - Proper positioning

3. Identify three common sites on a body where a pressure ulcer can develop.
 - Sacrum (lower back)
 - Coccyx (tail bone)
 - Great trochanter (hip)

4. Name one thing that you learned from today's session that will improve the quality of care we provide.



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Certificates of Completion

- Activity: Certificates of Completion
- Materials: One 3" x 5" card or one Post-It note per participant; Pen or pencil;
One certificate of program completion (already filled out) per participant
- Time Allowed: 5-10 minutes
- Instructions: Have each participant write one idea for change or action that he or she takes from the training session on the 3" x 5" card or Post-It note. Give each participant a certificate that is not their own. Have the participants walk around the room, carrying their 3" x 5" card or Post-It note with them. When they find the people whose certificate they have, they say, "I can give you this certificate if you will tell me your idea." After everybody has found their own certificate, thank all the participants for attending.

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Word Scramble Instruction and Answer Sheet

Activity:	Word Scramble: Pressure Ulcers
Materials:	Copy of Word Scramble: Pressure Ulcer sheet to each participant: Pen or Pencil
Time Allowed:	5-10 minutes
Instructions:	Give each participant a copy of the Word Scramble: Pressure Ulcers sheet. Tell the participants that each item can be unscrambled to identify a word from the pressure ulcer module. Give a reward to the first person completing the scramble correctly.
Optional:	Have participants work in teams to complete the word scramble. Give a reward to each member on the first team completing the scramble correctly.

Answers:

1. Pressure
2. Ulcer
3. Friction
4. Shear
5. Nutrition
6. Staging
7. Size
8. Drainage
9. Odor
10. Positioning

Word Scramble

Pressure Ulcers

1. ssreupre _____
2. rcule _____
3. ftoicrni _____
4. rahse _____
5. ionnturti _____
6. gnigast _____
7. zise _____
8. nairdeag _____
9. doro _____
10. nigopsiotin _____

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Pressure Ulcers Word Search

B R M E I Z S M U R C A S U D
C R A A I Z U P A I N F N I R
T G A E L P B F H K D D U N A
F N D D H N C N R E E W B F I
E R E T E S U L Z R E Z Y E N
R G I M U N T T M X O L T C A
U N M C S N A I R T P N I T G
S I U O T S N S C I D N L I E
S G S L I I E E R U T S I O M
E A C P N Z O S L G J I B N R
R T L G I O U N S I E V O Y O
P S E S W D S N K A N J M N D
G N I N O I T I S O P G M J O
S F E P I D E R M I S B I H J
D I A B E T E S I S O R C E N

ASSESSMENT
DIABETES
FRICTION
INFECTION
MUSCLE
PAIN
SACRUM
STAGING
UNDERMINING

BRADEN
DRAINAGE
HEEL
MALNUTRITION
NECROSIS
POSITIONING
SHEAR
SUBCUTANEOUS

DERMIS
EPIDERMIS
IMMOBILITY
MOISTURE
ODOR
PRESSURE
SIZE
TUNNELING