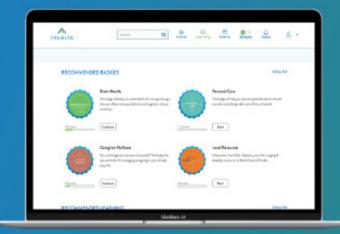


# Caring for your loved one but don't know where to start?



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#### **QUICK QUIZ**

At bath time, inspect the whole body for pressure sores, swelling, rashes, moles, and other unusual conditions. Answer True or False to the questions below.

- Skin breakdown starts from inside, works up to the surface, and can occur in just 15 minutes. T F
- 2. If a person tends to scratch or pick at a spot, have them wear cotton gloves.T F
- 3. The best treatment for pressure sores is prevention. T F
- 4. Never turn a bedridden person with pressure sores. T F
- 5. Untreated pressure sores can lead to hospitalization and can require skin grafts.T F
- Add foam padding or sheep skin to hard chairs and wheelchair arms to soften the surfaces. T F
- 7. Cotton sheets are not good for a person who spends a lot of time in bed. T F
- 8. It is a good idea to check the skin daily for developing pressure sores. T F
- 9. Nutrition plays no role in preventing pressure sores. T F
- Seek immediate medical care if you see signs of infection, such as a fever, drainage from a sore, a sore that smells bad, changes in skin color, and warmth or swelling around a sore. T F

#### <u>KEY</u>: 1. T 2. T 3. T 4. F 5. T 6. T 7. F 8. T 9. F 10. T

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