



Best Practices Checklist

At-risk skin for people at end-of-life or receiving palliative or hospice care

People at end-of-life or in palliative or hospice care are at extremely high risk for skin issues, including bruises, skin tears, pressure injuries, IAD and MASD, and Skin Changes At Life's End (SCALE). Use this checklist to **proactively address at-risk skin** in the care plan.



Identify patient-specific interventions

E.G. Individualized repositioning schedules tailored to the person's comfort and condition.



Protect arms and legs from bruises

E.G. Skin sleeves and protective padding on vulnerable limbs.



Prevent skin tears

E.G. Careful handling and transfers; prevent falls.



Prevent IAD and MASD

E.G. Gentle cleansers, moisturizers, and skin barriers.



Address common symptoms

E.G. Itching, odor, drainage, bleeding, pain, and stress; gentle massage with a moisturizing lotion.

THE GOAL OF CARE

Promote comfort and dignity, relieve suffering, and improve quality of life for patients, families, and caregivers.

