

# Skin Care Update

*(for Home Health Aides and Home Attendants)*

## Satellite Conference and Live Webcast

Wednesday, October 18, 2006

2:00-4:00 p.m. (Central Time)

3:00-5:00 p.m. (Eastern Time) • 1:00-3:00 p.m. (Mountain Time) • 12:00-2:00 p.m. (Pacific Time)

The body's first line of defense against invading organisms is the intact skin (the largest organ in the body), which also serves to maintain homeostasis. Patients in all healthcare settings have a common need to maintain intact, healthy, moisturized skin, though many bathing routines and techniques can jeopardize the barrier function of the skin. Alteration in skin integrity is a practice issue across the continuum of care, particularly as patients age.

The skin serves the functions of protection, sensation, metabolism, thermoregulation and communication, and provides protection against mechanical injury. Several processes within the dermis and epidermis are vitally important for fluid and electrolyte balance. In the dermis, the sebaceous glands produce natural oils that lubricate the skin and provide a protective layer that minimizes fluid loss through the epidermis. It has been documented that moist skin is less prone to break down and heals faster than dry skin. Keeping a patient clean helps keep skin intact to fight infection and prevent injuries.

The older you get, the more important it is to take care of your skin as your skin changes as you age. It becomes thinner, begins to sag, causes wrinkles and injures more easily and heals more slowly. The skin also loses its ability to moisturize itself. Proper skin care is important for both our physical and mental health. For instance, skin infection in a diabetic patient can lead to the serious complication of gangrene. Those who are bedridden need to avoid prolonged pressure on the ankles, heels and buttock. Too much pressure can tear the thin skin leading to bedsores. And itchiness, a very common problem among the elderly, can be so irritating as to affect how we feel. Therefore the elderly and caregivers should know about proper skin care.

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### **Faculty:**

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Nurse Consultant

ConvaTec/Bristol Squibb Company

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### **Program Objectives:**

1. Describe the issues of elderly skin.
2. List three risk factors associated with skin breakdown.
3. Discuss proactive skin management of the homecare patient.

### **Conference Details:**

**Target Audience:** Home Health Aides and Home Attendants

**Registration:** [www.adph.org/alphntn](http://www.adph.org/alphntn) **Cost:** There is no cost to view. **CEUs:** None for this program.

**Satellite Technical Information:** This program will be a live satellite broadcast on both Ku & C bands.

**Webcast Information:** Register at [www.adph.org/alphntn](http://www.adph.org/alphntn) To view webcast, you need RealPlayer. Test your computer before the day of the program from the "test connection" link at [www.adph.org/alphntn](http://www.adph.org/alphntn). On the day of the program, go to [www.adph.org/alphntn](http://www.adph.org/alphntn) Click on the "view webcast" link.

**Conference Materials:** Posted on our website approximately one week before the program.

**Questions For Faculty:** If you have questions that you want addressed during the conference, you may fax or email those questions and a response will be given during the program.

Email: [alphntnquestions@adph.state.al.us](mailto:alphntnquestions@adph.state.al.us) or Fax: 888-737-1972.

If you have questions about any of these conference details, call 334-206-5618 or email: [alphntn@adph.state.al.us](mailto:alphntn@adph.state.al.us)