Skin Care & Pressure Sores

Part 3: Recognizing and Treating Pressure Sores

Supplement: Stages of Pressure Sores: Illustrations

Spinal Cord Injury Model Systems Consumer Information

Northwest Regional Spinal Cord Injury System

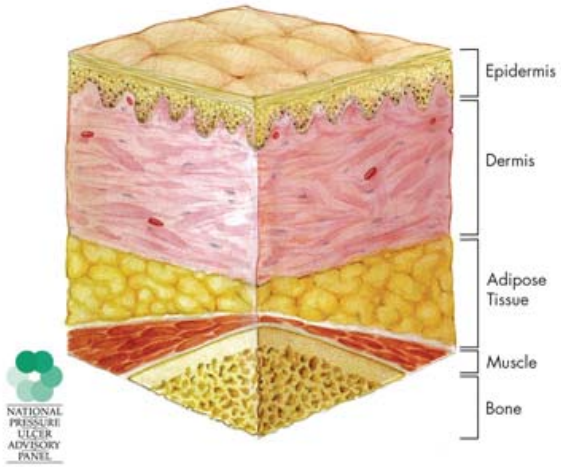
Department of Rehabilitation Medicine

University of Washington
Box 356490
Seattle, WA 98195

206-685-3999
nwrscis@uw.edu

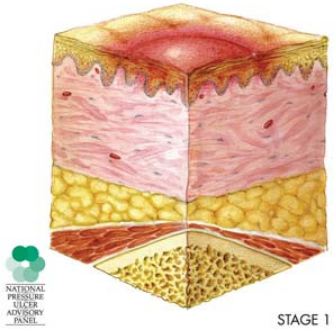
This publication was produced by the SCI Model Systems in collaboration with the Model Systems Knowledge Translation Center (http://msktc.washington.edu) with funding from the National Institute on Disability and Rehabilitation Research in the U.S. Department of Education, grant no. H133A060070.

NORMAL SKIN



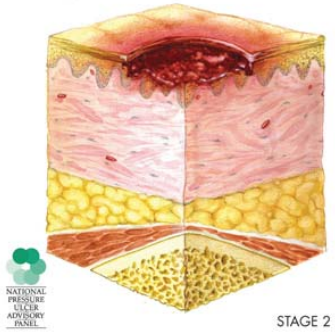
STAGE 1

Skin is not broken but is red or discolored. When you press it, it stays red and does not lighten or turn white (blanch). The redness or change in color does not fade within 30 minutes after pressure is removed.



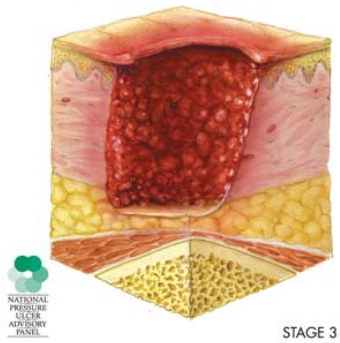
STAGE 2

The topmost layer of skin (epidermis) is broken, creating a shallow open sore. The second layer of skin (dermis) may also be broken. Drainage may or may not be present.



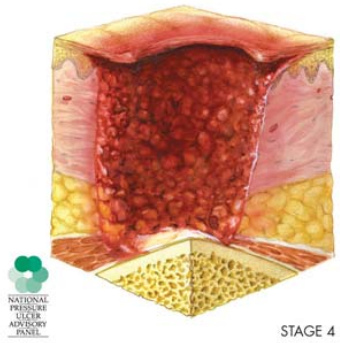
STAGE 3

The wound extends through the dermis (second layer of skin) into the subcutaneous (below the skin) fat tissue. Bone, tendon and muscle are not visible. Look for signs of infection (pus, drainage) and possible necrosis (black, dead tissue).



STAGE 4

The wound extends into the muscle and can extend as far down as the bone. Usually lots of dead tissue and drainage are present. There is a high possibility of infection.



Illustrations are from the National Pressure Ulcer Advisory Panel (http://www.npuap.org/).

Source

Our health information content is based on research evidence and/or professional consensus and has been reviewed and approved by an editorial team of experts from the SCI Model Systems.

Authorship

This brochure was developed by the SCI Model System Dissemination Committee in collaboration with the Model Systems Knowledge Translation Center. Portions of this document were adapted from materials produced by the SCI Model Systems.

Spinal Cord Injury Model System
SCIMS | NIDRR
A NIDRR Funded Program