

Pressure Ulcers And Skin Care

Pressure ulcer

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Pressure ulcers, also known as pressure sores, bed sores or pressure injuries, are localised damage to the skin and/or underlying tissue that usually occur over a bony prominence as a result of usually long-term pressure, or pressure in combination with shear or friction. The most common sites are the skin overlying the sacrum, coccyx, heels, and hips, though other sites can be affected, such as the elbows, knees, ankles, back of shoulders, or the back of the cranium.

Pressure ulcers occur due to pressure applied to soft tissue resulting in completely or partially obstructed blood flow to the soft tissue. Shear is also a cause, as it can pull on blood vessels that feed the skin. Pressure ulcers most commonly develop in individuals who are not moving about, such as those who are on chronic bedrest...

Ulcer (dermatology)

pressure on the tissues. This stress in the blood circulation is transformed to a skin ulcer, commonly known as bedsores or decubitus ulcers. Ulcers often

An ulcer is a sore on the skin or a mucous membrane, accompanied by the disintegration of tissue. Ulcers can result in complete loss of the epidermis and often portions of the dermis and even subcutaneous fat. Ulcers are most common on the skin of the lower extremities and in the gastrointestinal tract. An ulcer that appears on the skin is often visible as an inflamed tissue with an area of reddened skin. A skin ulcer is often visible in the event of exposure to heat or cold, irritation, or a problem with blood circulation.

They can also be caused due to a lack of mobility, which causes prolonged pressure on the tissues. This stress in the blood circulation is transformed to a skin ulcer, commonly known as bedsores or decubitus ulcers. Ulcers often become infected, and pus forms.

Venous ulcer

of new ulcers in people with a history of venous ulcers. The treatment aims to create an environment that allows skin to grow across an ulcer. In most

Venous ulcer is defined by the American Venous Forum as "a full-thickness defect of skin, most frequently in the ankle region, that fails to heal spontaneously and is sustained by chronic venous disease, based on venous duplex ultrasound testing." Venous ulcers are wounds that are thought to occur due to improper functioning of venous valves, usually of the legs (hence leg ulcers). They are an important cause of chronic wounds, affecting 1% of the population. Venous ulcers develop mostly along the medial distal leg, and can be painful with negative effects on quality of life.

Exercise, together with compression stockings, increases healing. The NICE guideline recommends that everyone with a venous leg ulcer, even if healed, should be referred to a vascular specialist for venous duplex ultrasound...

Arterial insufficiency ulcer

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Arterial insufficiency ulcers (also known as ischemic ulcers, or ischemic wounds) are ulcers mostly located on the lateral surface of the ankle or the distal digits. They are commonly caused by peripheral artery disease (PAD).

Skin care

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Skin care or skincare is the practice of maintaining and improving the health and appearance of the skin. It includes washing, moisturizing, protecting from the sun, and treating skin problems like acne and dryness. Skin care can help prevent infections and irritation and is an important part of daily hygiene.

Skin care is at the interface of cosmetics and dermatology. Skin care differs from dermatology by its inclusion of non-physician professionals, such as estheticians and nursing staff. Skin care includes modifications of individual behavior

and of environmental and working conditions. Skin care is an essential part of wound healing, radiation therapy, and the management of some medications.

Diabetic foot ulcer

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Diabetic foot ulcer is a breakdown of the skin and sometimes deeper tissues of the foot that leads to sore formation. It is thought to occur due to abnormal pressure or mechanical stress chronically applied to the foot, usually with concomitant predisposing conditions such as peripheral sensory neuropathy, peripheral motor neuropathy, autonomic neuropathy or peripheral arterial disease. It is a major complication of diabetes mellitus, and it is a type of diabetic foot disease. Secondary complications to the ulcer, such as infection of the skin or subcutaneous tissue, bone infection, gangrene or sepsis are possible, often leading to amputation.

A key feature of wound healing is stepwise repair of lost extracellular matrix (ECM), the largest component of the dermal skin layer. However, in...

Chronic wound

wounds can be classified into three categories: venous ulcers, diabetic, and pressure ulcers. A small number of wounds that do not fall into these categories

A chronic wound is a wound that does not progress through the normal stages of wound healing—haemostasis, inflammation, proliferation, and remodeling—in a predictable and timely manner. Typically, wounds that do not heal within three months are classified as chronic. Chronic wounds may remain in the inflammatory phase due to factors like infection or bacterial burden, ischaemia, presence of necrotic tissue, improper moisture balance of wound site, or underlying diseases such as diabetes mellitus.

In acute wounds, a regulated balance of pro-inflammatory cytokines (signalling molecules) and proteases (enzymes) prevent the degradation of the extracellular matrix (ECM) and collagen to ensure proper wound healing.

In chronic wounds, there is excessive levels of inflammatory cytokines and proteases...

Negative-pressure wound therapy

fractures, pressure injuries or pressure ulcers, diabetic foot ulcers, venous insufficiency ulcers, some types of skin grafts, burns, and sternal wounds

Negative-pressure wound therapy (NPWT), also known as a vacuum assisted closure (VAC), is a therapeutic technique using a suction pump, tubing, and a dressing to remove excess wound exudate and to promote healing in acute or chronic wounds and second- and third-degree burns. The use of this technique in wound management started in the 1990s and this technique is often recommended for treatment of a range of wounds including dehiscent surgical wounds, closed surgical wounds, open abdominal wounds, open fractures, pressure injuries or pressure ulcers, diabetic foot ulcers, venous insufficiency ulcers, some types of skin grafts, burns, and sternal wounds. It may also be considered after a clean surgery in a person who is obese.

NPWT is performed by applying a sub-atmospheric vacuum through a special...

Stasis dermatitis

sores, ulcers Itching and/or leg pains Sometimes pain may persist from swollen tissues and may feel like "stabbing" or "needle pricks" If skin continues

Stasis dermatitis refers to the skin changes that occur in the leg as a result of "stasis" or blood pooling from insufficient venous return; the alternative name of varicose eczema comes from a common cause of this being varicose veins.

Insufficient venous return results in increased pressure in the capillaries with the result that both fluid and cells may "leak" out of the capillaries. This results in red cells breaking down, with iron-containing hemosiderin possibly contributing to the pathology of this entity.

Skin grafting

of skin created from animal sources has been found to be useful in venous leg ulcers. Grafts can be classified by their thickness, the source, and the

Skin grafting, a type of graft surgery, involves the transplantation of skin without a defined circulation. The

transplanted tissue is called a skin graft.

Surgeons may use skin grafting to treat:

extensive wounding or trauma

burns

areas of extensive skin loss due to infection such as necrotizing fasciitis or purpura fulminans

specific surgeries that may require skin grafts for healing to occur – most commonly removal of skin cancers

Skin grafting often takes place after serious injuries when some of the body's skin is damaged. Surgical removal (excision or debridement) of the damaged skin is followed by skin grafting. The grafting serves two purposes: reducing the course of treatment needed (and time in the hospital), and improving the function and appearance of the area of the body which...

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