



Caring for the Nutritional Needs of Older Adults

## Nutrition and Hydration Solutions for Pressure Ulcers

### Description:

Prevention and treatment of pressure ulcers is a major focus of the survey process. Learn about the incidence and consequences of pressure ulcers in health care settings, the importance of risk assessment and how to identify residents at risk for pressure ulcers. Learn about steps you can take to try to prevent pressure ulcers, and how to treat them once they occur. We'll discuss the importance of medical nutrition therapy in the prevention and treatment of pressure ulcers, the value of following standards of practice; and solutions for effective nutrition and hydration interventions for each individual.

### Objectives:

Participants will learn how to:

1. identify individuals at risk for pressure ulcers
2. adequately assess nutritional needs (including how to determine nutritional needs)
3. provide solutions for nutrition and hydration challenges for pressure ulcers

**Audience:** Interdisciplinary

**Audio-Visual Needs:** Data projector, lapel microphone

**Teaching Method:** Lecture, discussion, participation, Power Point slides/handouts

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