**QUESTION 1**

What are the causes of pressure injuries?

1. Pressure or pressure in combination with shear and/or friction.
2. Pressure injuries only occur if pressure is applied for more than four hours.
3. Dry skin.
4. Only clients who are bed-bound get pressure injuries.

Answer(s):

**QUESTION 2**

Risk factors for pressure injuries occurring include:

1. Being physically immobile and unable to independently change position.
2. Decreased sensation (i.e. being unable to feel).
3. The presence of constant moisture.

Answer(s):

**QUESTION 3**

What stage would you classify this pressure injury as?

1. Stage 1.
2. Stage 2.
3. Stage 3.
4. Stage 4.
5. Suspected deep tissue injury.
6. Unstageable.

Answer(s):

**QUESTION 4**

What stage would you classify this pressure injury as?

1. Stage 1.
2. Stage 2.
3. Stage 3.
4. Stage 4.
5. Suspected deep tissue injury.
6. Unstageable.

Answer(s):

**QUESTION 5**

What are some evidence based strategies you could use to manage a pressure injury located on the buttocks?

1. Ensure pressure relieving surfaces and a regular repositioning schedule are in place 24 hours/day.
2. Keep the head of the bed elevated and the client sitting up.
3. Avoid positioning the client on the pressure injury.
4. Give the area a rub every 2 hours to improve the circulation.
5. Assess, classify and document the stage of the injury.
6. Provide nutritional supplements if the client is undernourished.

Answer(s):

**QUESTION 6**

What strategies can be used to prevent pressure injuries?

1. Have a regular turning schedule.
2. Use soap-free cleansers on the skin to avoid dryness.
3. Ensure optimal nutrition and hydration.
4. Ensure pressure offloading equipment is in place.

Answer(s):

**QUESTION 7**

To prevent pressure injuries you should **not**:

1. Give the client a foam ring or donut to sit on.
2. Check the client’s skin regularly.
3. Ensure limited exposure to excessive moisture.
4. Use non-soap products.

Answer(s):