

RasaCare Training Content
Pressure Sore and Skin Care Programme
Home based



1. Introduction

- What is a Pressure Sore?
- Who are victims of Pressure Sore?
- Function of our Skin

2. The Development of Pressure Sore

- Anatomy of Skin
- Healthy Skin Vs Fragile Skin
- Recognising the common pressure areas
- Understanding the stages of Pressure Sore

3. Pressure Sore Management

- Different Stages, Different Solution
- Techniques of dressing a simple sore
- Diet and Nutrition
- Nourishing the Skin

4. Prevention / Minimizing Pressure Sore

- Importance of Passive Exercise and regular turnings
- Products / Equipment available

5. Other skin conditions & the management

6. Questions & Answers