

ELBOW PROTECTORS

PURPOSE:

1. To protect elbows from irritation.
2. To prevent pressure and abrasion.
3. To prevent breakdown of skin on elbows.
4. To provide comfort for resident.

EQUIPMENT:

1. Sheepskin or foam elbow protectors.
2. Lotion.

PROCEDURE:

1. Explain procedure to resident.
2. Observe elbow carefully for any redness, irritation or break in skin.
3. Wash hands and apply appropriate PPE.
4. Wash and dry elbow well; apply moisturizing lotion.
5. Position protector with sheepskin or foam, covering bony prominence of elbow.
6. Secure protector well. NOTE: Do not impair circulation.
7. Remove protector and observe skin condition approximately every eight hours; observe circulation and condition of skin.
8. Wash hands.
9. If skin breakdown occurs, treat as prescribed. Elbow protectors can be applied over a dressing.