During a skin check, you or your caregiver discover a red spot or open wound. What do you do?

If red spot/open wound is on a load-bearing area (i.e.: bum, heel, elbow), offload pressure as much as possible

Identify potential cause: consider surfaces, transfers, bowel, bladder, pressure relieving routine

After identifying cause, are there any changes you can make?

**YES**

Make changes and monitor wound for improvements

**always helpful to inform your community team or family doctor about changes to skin health**

**No/I Don’t Know**

Contact your health-care team ASAP (i.e. community OT or case manager)

If you don’t have a team, self-refer by contacting your local health unit. Tell them “I have a wound from using a w/c, can I see someone on your wound care team?”