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QUICK QUIZ

At bath time, inspect the whole body for pressure sores, swelling, rashes, moles, and other unusual conditions. Answer True or False to the questions below.

1. Skin breakdown starts from inside, works up to the surface, and can occur in just 15 minutes. T F
2. If a person tends to scratch or pick at a spot, have them wear cotton gloves. T F
3. The best treatment for pressure sores is prevention. T F
4. Never turn a bedridden person with pressure sores. T F
5. Untreated pressure sores can lead to hospitalization and can require skin grafts. T F
6. Add foam padding or sheep skin to hard chairs and wheelchair arms to soften the surfaces. T F
7. Cotton sheets are not good for a person who spends a lot of time in bed. T F
8. It is a good idea to check the skin daily for developing pressure sores. T F
9. Nutrition plays no role in preventing pressure sores. T F
10. Seek immediate medical care if you see signs of infection, such as a fever, drainage from a sore, a sore that smells bad, changes in skin color, and warmth or swelling around a sore. T F

KEY: 1. T 2. T 3. T 4. F 5. T 6. T 7. F 8. T 9. F 10. T