The Ten Commandments of Wound Care

1. Thou shall not use donuts or egg crates.
2. Thou shall not position directly on the ulcer.
3. Thou shall not massage bony prominences.
4. Thou shall turn residents every two hours and use a pull sheet.
5. Thou shall observe the 30-degree rule.
6. Thou shall keep heels off the bed.
7. Thou shall maintain continence and keep skin dry and moisturized.
8. Thou shall keep residents' level of functioning intact.
9. Thou shall not drag or pull residents to reposition.
10. Thou shall educate residents and families in pressure ulcer prevention.

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