**Consolidation: Case study answers – Delilah**

**Case study: Delilah**

Delilah is an 81-year-old patient living with dementia.

She is very underweight, incontinent and immobile. She spends her days sitting in a chair and her nights in bed.

Imani, Delilah’s partner, has tried their best to care for Delilah, but they have not been coping.

Imani is a proud person and has not asked for any help. They feel that Delilah’s care is their responsibility alone and did not want to involve anyone else. Imani faces their own challenges with mobility and balance, and bending down is an issue for them.

**Your task:**

* Research symptoms associated with dementia.
* Identify the factors that raises the risk of Delilah developing pressure ulcers.
* In as much detail as possible, explain why each factor is a risk.

**Answers:**

* Age 81: Sensory perception deterioration – may not feel pain. Skin is thinner.
* Dementia: Causes a lack of capacity, confusion and understanding. May not be able to communicate pain. Would not understand the need to reposition.
* Immobile: Unable to reposition independently. Partner has limited capacity to do this.
* Incontinence: Probably not managed well by Delilah or her partner. Urine can damage skin integrity and is a source of bacteria.
* Malnourished: A symptom of dementia is the loss of the sensation of hunger and thirst. Delilah could be malnourished due to no appetite, and partner feeling overwhelmed. Her diet is missing nutrients and hydration to ensure good skin integrity and the potential to cause slow healing if pre-pressure injury occurs.
* Low Body Mass Index (BMI): Less subcutaneous fat to cushion bony prominence points.