**Activity 4: Skin assessment practical –**

**Scenario 1**

**Instructions**

* Work in pairs.
* Decide who will be the healthcare assistant, and who will be the assessor.
* Read the instructions for your role.
* Carry out the role play.

**Information for healthcare assistant**

**Brief:**

Ryan Carter is a 22-year-old, underweight male individual, who has incomplete paralysis from his lower waist, due to an injury sustained a period of time ago.

He has difficulty repositioning himself.

He has expressed concerns about skin discomfort and has limited sensation in his lower body, making it difficult for him to recognise developing pressure injuries.

**Your task:**

* The patient is lying in bed. Thoroughly check the patient using the highlighted areas on the Skin assessment form body map. Explain to the Assessor what you are looking for in terms of signs of a pressure injury. Circle any affected areas.
* List the reasons why the patient is at high risk for pressure injuries.
* Discuss with the patient strategies to relieve pressure, improve skin condition and prevent further complications.

**Reflection:**

After the task, discuss with the assessor how well you carried out the assessment.

* Focus on how you carried out person-centred care.
* Reflect on whether you used good communication skills (engaging with the patient in a sensitive and supportive manner).

**Information for assessor**

**Brief:**

Ryan Carter is a 22-year-old, underweight male individual, who has incomplete paralysis from his lower waist, due to an injury sustained a period of time ago.

He has difficulty repositioning himself.

He has expressed concerns about skin discomfort and has limited sensation in his lower body, making it difficult for him to recognise developing pressure injuries.

**Your task:**

* Ask your partner (the healthcare assistant) to look away while you add red stickers to the mannequin on the lower back (sacrum), both heels and both scapula (shoulder blades).
* Ask the healthcare assistant to start the assessment using the Skin assessment form.
* As they carry out the assessment, note on how well they show the following.
  + **Care**: If they are empathetic, respectful and prioritise the patient’s wellbeing.
  + **Compassion**: If they show kindness and empathy and are attuned to the emotional and physical needs of the patient.
  + **Competence**: They carry out the assessment correctly and give the correct advice to the patient about how to prevent further skin issues.
  + **Communication**: How well they explain the assessment process and strategies to prevent further complications to the patient.
* After the assessment, discuss your feedback with the healthcare assistant.