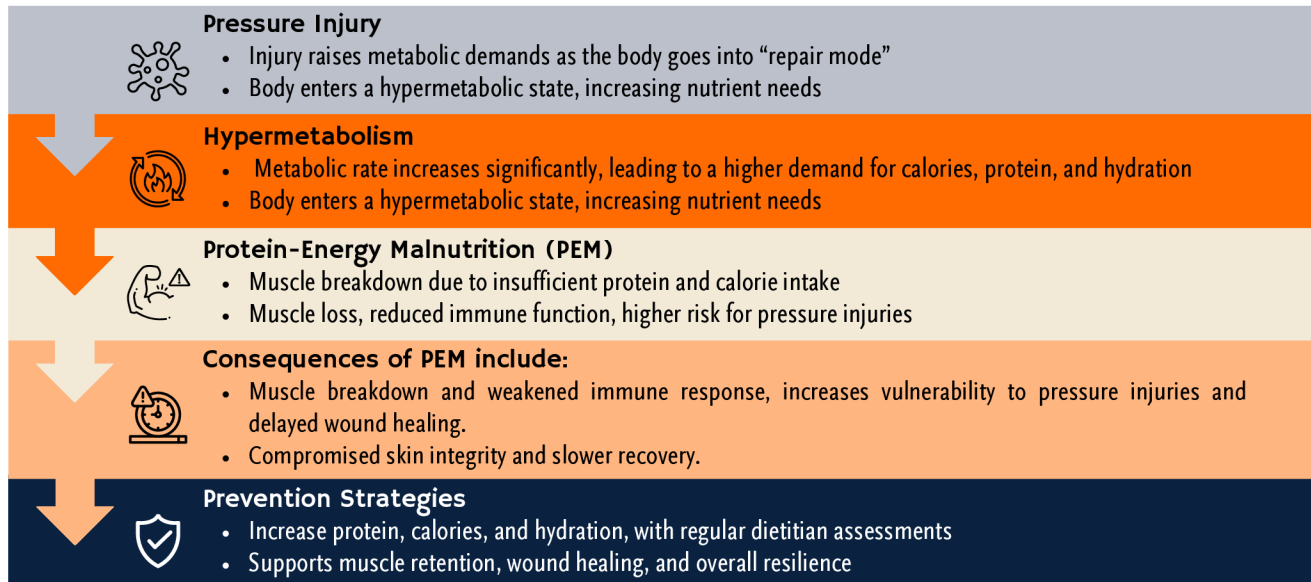


Keys to managing skin integrity & wound care

Proper nourishment enhances skin resilience and aids healing. Regular assessments and personalized dietary plans help caregivers meet individual needs, reducing injury risks and promoting overall well-being.

Physiological Impact of Stress on Nutritional Needs

When the body faces injuries or infections, it experiences hypermetabolism, increasing energy and nutrient needs for healing. This can negatively impact senior residents who may already have limited nutritional reserves.



Prevention Strategies for Stress-Induced Nutrition Deficits

Nutritional Need	Recommended Action	Rationale
Increased Calories	Provide high-calories foods and snacks	Meets elevated energy requirements
High Protein Intake	Adjust meals to include protein-rich foods	Supports tissue repair and muscle retention
Hydration Support	Encourage fluids and monitor intake	Ensures blood flow and nutrient delivery to tissues
Dietitian Oversight	Regular assessments and tailored diets	Provides individualized care for optimal recovery