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## CME examination

Identification No. JA1019

October 2019 issue of the Journal of the American Academy of Dermatology.

Mervis JS, Phillips TJ. *J Am Acad Dermatol* 2019;81:881-90.

*Directions for questions 1-4: Choose the single best response.*

An 85-year-old woman with poorly controlled diabetes, urinary incontinence, bilateral knee osteoarthritis, and a recent stroke presents to the clinic with a wound over her sacrum. She lives with her daughter and spends most of her day in bed watching television, but she can ambulate short distances in the home using a walker. During the physical examination you recognize that she has a pressure ulcer.

1. Which of the following is the most important factor leading to her wound?
  - a. Maceration from urinary incontinence
  - b. Shear from lying upright in bed
  - c. Friction from slowly sliding downward in bed
  - d. Lack of repositioning
  - e. Natural skin changes with aging

After cleansing the wound with saline, you note the presence of granulation tissue, adipose tissue, and a small eschar that covers 25% of the wound.

2. According to the 2016 National Pressure Ulcer Advisory Panel guidelines, how would you stage this pressure ulcer?
  - a. Stage 2
  - b. Stage 3
  - c. Stage 4
  - d. Deep tissue pressure injury
  - e. Unstageable pressure injury

A 25-year-old man with paraplegia due to traumatic spinal cord injury is seen in the dermatology clinic for a routine skin check. You discuss with the patient that he is at increased risk for pressure ulcers due to his lack of mobility and sensation in the lower extremities.

3. Which of the following locations has the lowest risk for pressure ulcer formation in this patient?
  - a. Ischial tuberosity
  - b. Greater trochanter
  - c. Sacrum
  - d. Medial malleolus
  - e. Heel

In addition to the significant physical and emotional toll taken on affected individuals, pressure ulcers represent a major burden to the health care system.

4. Which of the following statements is true?
  - a. Medicare and Medicaid no longer pay for hospital-acquired pressure ulcers
  - b. Pressure ulcer incidence has steadily declined in recent decades
  - c. Hospitalized patients admitted from nursing homes are less likely to have pressure ulcers
  - d. The cost of implementing prevention strategies is likely more than the cost of treatment
  - e. Pressure ulcers are often unavoidable in the elderly