

Bruises

Background

Our son does bump and knock himself and pick up accidental bruises. He typically bruises the skin over his ulnar bone (the bone in the forearm on the same side as the little finger) or his knees and shins if his feet are loose and not in his wheelchair.

Accidental bruises over these bony areas do not need documentation.

Unfortunately, he has sustained bruises to other parts of his body in the past (not during his home care package), including his back, thighs and the soft fleshy parts of his arms. These are not areas that are typically bruised accidentally, but they are likely to have occurred from incorrect moving / handling or even inadequate supervision.

Actions required

1) If our son does do something to hurt himself (e.g. hits himself in the face with a toy) or there is an accident (e.g. something is dropped on him) please document this in his daily notes, so we know what has happened if a bruise appears later.

2) Any bruises noted, other than those over his knee / shin / ulnar bone, need to be documented on a body map. There are some blank ones supplied. Please draw the position and write the rough size and description (e.g. 2cm circular purple bruise right upper arm). Please sign and date the body map. If the bruise has been noted previously you do not need to complete a new body map, but you can just sign and date the one already documented (e.g. "still present 10/6/18"). Let the people on incoming shift know and let us know when we return from work.

Of course, if you have any concerns about large or unusual bruises or other injuries, please inform us straight away via text or phone call. There may be a perfectly understandable explanation, but the sooner we know, the easier it is to establish what happened.

[Sign off sheet for staff to acknowledge they have read this policy](#)

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