

Pressure Ulcer Triggers

Guy's and St Thomas'
NHS Foundation Trust



Does the person you are looking after have any or a combination of the following:

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
I Does the person you are looking after have any incontinence problems which are new or there is no care plan for?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S Soreness or redness of the skin is one of the first indicators the person you are looking after may be developing a pressure ulcer, especially if it is over a pressure point such as heels, buttocks and base of the back.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
U Being unwell often leads to an increased likelihood of developing a pressure ulcer. Has the person you are looking after had a recent visit from the GP or need to see the GP?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
R Reduced mobility is one of the key contributing factors to developing a pressure ulcer. Is the person you are looking after spending more time in the chair, not going to bed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F Adequate food and drink is essential to keep people healthy. Reduced intake of either/both will increase the risk of developing pressure ulcers. Is the person you are looking after leaving food and drink that is being offered?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If 4 or more areas are ticked on 3 or more days or Skin is ticked on 2 consecutive days please refer to a nurse/GP.