

Eat well to heal well

Your food and fluid requirements will increase if you have a pressure ulcer or open wound. To encourage your skin to heal and to prevent further ulcer development, make every mouthful count and try to have a variety of nourishing foods and fluids.

Nutrient-rich foods

Vitamin C, zinc and protein are essential nutrients required to promote wound healing. Try to include some of the nutrient rich food examples below in your diet:

Vitamin C

- fruit juice
- oranges
- strawberries
- broccoli
- red and green peppers
- potatoes

Zinc

- meat
- shellfish
- milk
- cheese
- bread
- baked beans

Protein

- meat
- fish
- milk
- eggs
- nuts and seeds
- pulses and lentils

- **Choose full-fat and full-sugar* products** rather than 'diet', 'low fat' or 'healthy eating' varieties, as these provide more calories.
- **Have high-calorie snacks in between meals** such as a yoghurt, peanuts or cheese and crackers (see '100-calorie boosters' resource for more examples).
- **Aim to drink at least 1.6-2 litres** of fluid per day to keep hydrated and improve healing (see 'keeping hydrated' resource for more information).
- **Drink nourishing fluids*** such as fruit juice, smoothies, fortified milk or milkshakes (see 'Super shakes' resource for recipe examples). **Fortify your milk to add extra protein.** Add 2-4 heaped tablespoons of dried milk powder to a pint of milk, mix well and then use like regular milk.

*If you have diabetes, continue to choose sugar free drinks although you can have a moderate amount of sugar containing foods as part of a fortified diet. Speak to your GP, nurse or diabetes team for more information.



Tip: Taking an over-the-counter multivitamin or mineral may be helpful if you find it difficult to have a varied diet

Contact us

If you have any questions or concerns about these information sheets, please contact the Lambeth and Southwark Action on Malnutrition Project on 020 30495422 (Monday to Friday, 9am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

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