



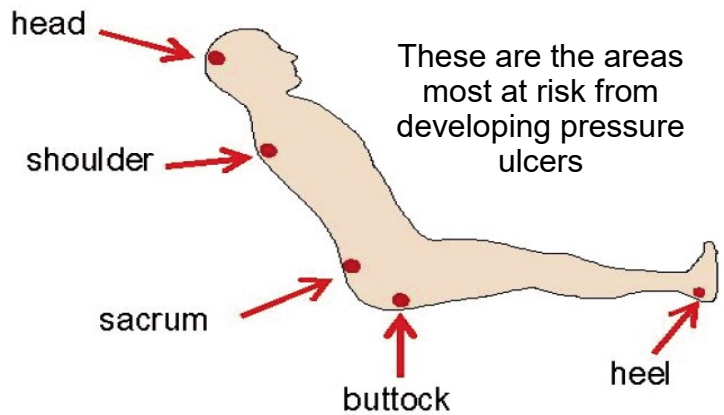
# Preventing Pressure Ulcers

## Everyone is at risk

### The Facts

- Pressure ulcers can affect people of any age, especially those that are unwell.
- If the pressure is not relieved regularly, skin can become damaged, ranging from a blister to a deep open wound.
- Most pressure ulcers are preventable.
- Pressure ulcers may cause pain, infection and serious illness.
- Early identification will prevent long periods of discomfort and treatment.

### Know your pressure points



### Identify the warning signs



### Check areas of redness with the blanching/non blanching technique

- Press an area with your thumb for 2 seconds then release.
- If area remains red, reposition off the affected area and report to GP or Nurse.
- This is harder to detect on darker skin tones
- Check these areas. Are they discoloured? Are they harder? Or are they warm/cool to the touch?

### How can you help?

- **Assess the patients risk** (ie Waterlow and clinical judgement).
- **Skin** - regularly check the skin, whilst undertaking personal care, please check for redness over any bony area. Early inspection means early detection.
- **Surface** - make sure they have the right support and/ or equipment. Remember to take this with you wherever you go.
- **Keep moving** - Reposition regularly.
- If **Incontinent**, keep skin clean and dry.
- **Nutrition** - the right diet and plenty of fluids are essential for skin health.
- **Give information/education** to everyone involved

### Prevent this





# Please help me move

**Provide support if your patient is not independent with repositioning**

**If you are in bed:**

- Change your position every 2-3 hours, moving between your back and your sides.
- Use pillows to stop knees and ankles from touching each other, particularly when you are lying on your side
- Try to avoid creases in the bed linen
- If you are sitting up in bed, be aware that sliding down the bed can cause a pressure injury to your bottom and heels
- Ask for assistance and / or equipment if required



**If you are in a wheelchair:**

- Relieve the pressure by leaning forward, or leaning side to side for a few minutes every half hour.
- Ensure appropriate pressure relieving equipment has been assessed and provided by Bowley close



**If you are concerned please inform the GP or Community Nursing Team.**

GP Tel no: \_\_\_\_\_

CN Team Tel no: \_\_\_\_\_