

10 top tips for preventing pressure ulcers

1. Understand if you or the person you care for is at risk
2. Check skin regularly for any changes, such as blisters, swelling, changes in colour or hot or cold areas
3. Change position regularly
4. Don't drag skin when moving or lifting as friction causes damage as well as pressure
5. Ensure bedding is wrinkle (and crumb) free
6. Eat and drink well
7. Ask your GP surgery about pressure relieving equipment if sitting or lying down for long periods of time
8. Don't rub or massage dry skin as this can cause more damage
9. Keep skin clean and dry carefully by patting gently – don't overdo the talcum powder
10. Only use creams with the advice of your pharmacist, GP or nurse



SSKIN

5 simple steps to prevent and treat pressure ulcers

Surface

Do you have the right support e.g. pressure relieving mattress?

Skin inspection

Check for redness / soreness

Keep moving

Change position every hour

Incontinence/Moisture

Maintain clean and dry skin

Nutrition/hydration

Eat well and drink plenty

Further information

If you have any concerns about pressure damage or potential damage to skin, contact your Practice Nurse or GP.

If you would like more information about the 'zero tolerance ambition' to pressure ulcers go to: www.stopthepressure.com

Pressure Ulcers (bedsores)



Prevention and awareness

Did you know?

- Pressure ulcers, also known as bedsores, can develop within 1-2 hours of being in the same position – this doesn't have to be in bed.
- Rubbing or dragging skin can also cause pressure damage which can deteriorate requiring surgery or even leading to death.
- Anyone can be at risk, although some people are at higher risk than others.
- The cost to the NHS of treating pressure ulcers is £3.8 million per day.

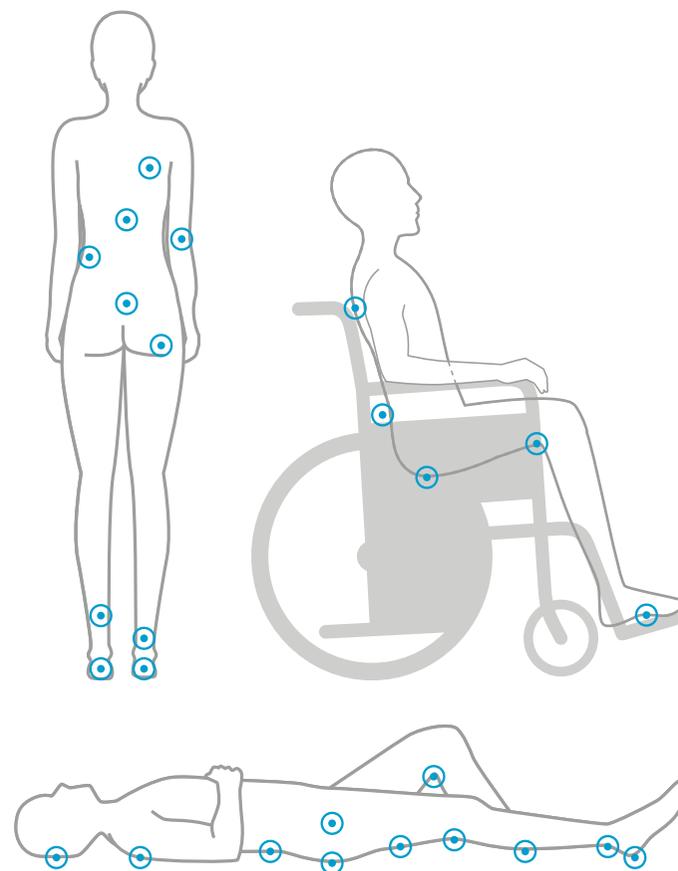
Who is at risk?

People who are at most risk of developing pressure sores include those who:

- are unable to move easily
- are bed or chair bound – sitting or lying for long periods due to poor mobility or ill health
- have dry or sweaty skin, or skin that has become red or feels uncomfortable
- are either over or under weight or who have recently lost weight
- are diabetic or unable to feel pain over part or all of their body
- have a health condition such as anaemia, dementia or kidney problems
- are incontinent



What areas are at risk?



How to reduce risk

- Keep moving – reduce or relieve pressure on those areas at risk by regularly changing position
- Eat well – a balanced diet and plenty of water are vital to maintaining good health
- Check skin – for redness or soreness. If concerned, contact your GP and/or nurse