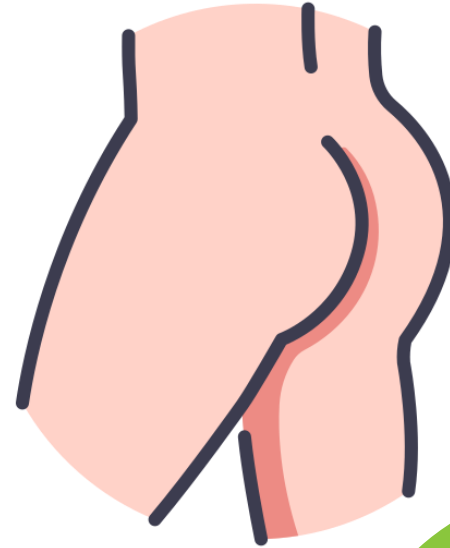


Feeling the
pressure?
Let's talk bottoms.....



We are
research
active



medway community healthcare



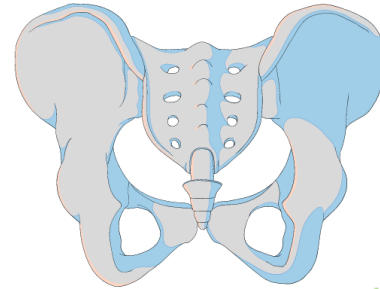
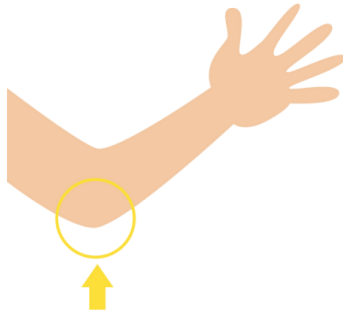
Sometimes, places we visit want to protect floors and say “no stilettos”.

Stiletto heels cause more of a dent than a block heel. This is because if you put a large force (weight) over a small area (point) it causes more damage than if you spread the weight out over a larger area.

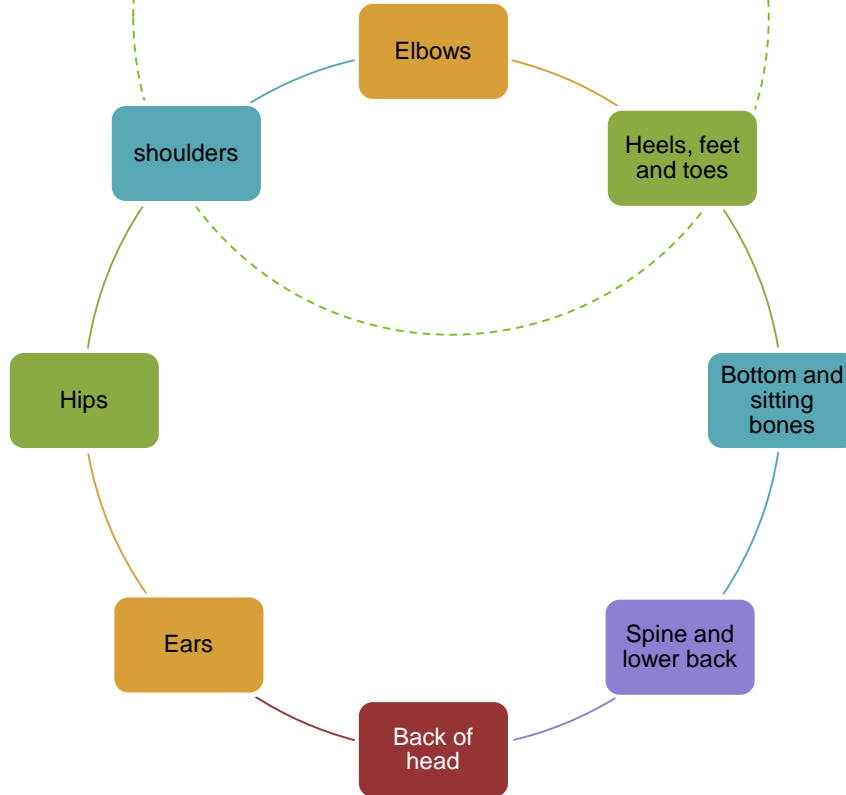
A block heel spreads the weight out and reduces the pressure

This is exactly the same as skin over bone!

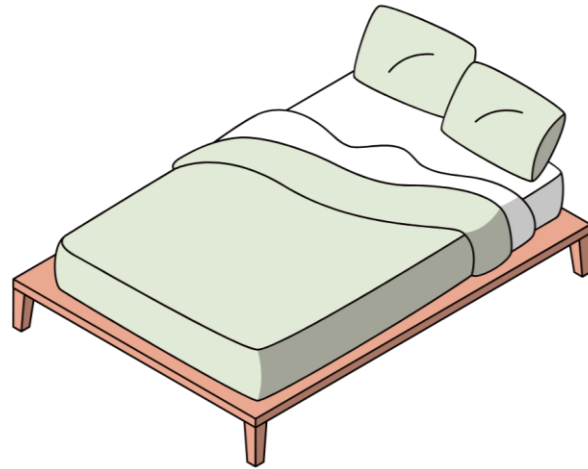
If you have a large area of skin stretched over a small point of bone, then there will be lots of pressure on the skin, causing damage



Places to watch out for...



We used to talk about “bed sores”



This is because those pointy bony bits put more pressure on our skin if we are in bed all the time and unable to move.

We now talk about “pressure sores”

As anyone can get sore whether they are in bed or sitting still.

All the time the skin is stretched over bone for any length of time, it will start to get sore.



When nurses assess pressure skin damage, we give each stage a number.

1 The pressure damages small blood vessels in the skin. The skin is red – if you press on it, it doesn't go pale like it usually would.

2 Wound to very surface level of skin, or a clear blister.

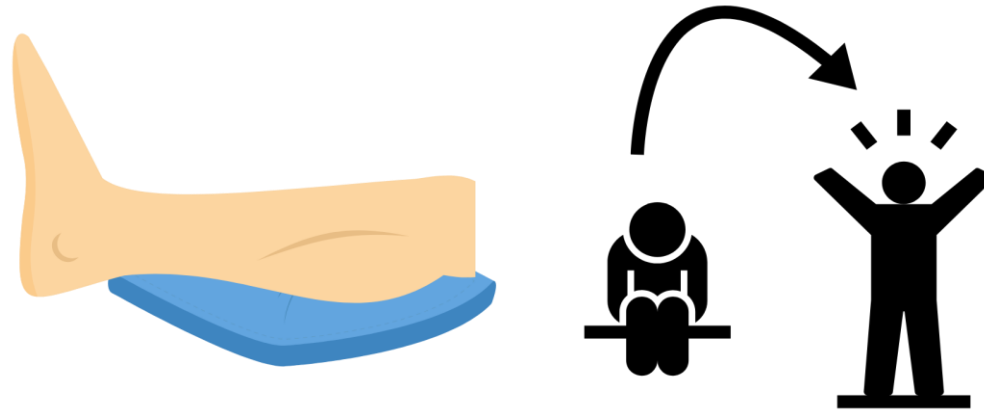
3 Deeper wound that may have tunnels under the surface.

4 Very deep wound that can go down to the bone or show tendon.


Deep damage Sometimes we can develop a dark area over bony areas that may look like a bruise or feel squishy. This can be a sign of deep skin damage and needs to be seen **STRAIGHT AWAY**.

What can we do to stop pressure sores?

We MUST take that pressure off those bony bits!!



If we move just a little bit, this stretches a different bit of skin over the bone and gives the first bit a well earned rest!



We should aim to move
position at least every half
an hour

This can be

- ⦿ Moving very slightly in the chair or bed
- ⦿ Tilting with a thin pillow under one bottom cheek (when sitting or lying)
- ⦿ Standing up
- ⦿ This includes making sure we lift heels off the ground to let the blood run to the skin in that area or hang them over the edge of a stool

Pressure First Aid Kit for heels

- ⦿ If heels are starting to go red, put legs up on a stool when sitting and hang heels over the end (so they are not pressing on anything)
- ⦿ In bed – put a pillow lengthways under your calves with heels hanging off end (so they are not touching the bed)
- ⦿ If sitting with legs down, make sure heels are lifted off the floor regularly.



Pressure First Aid Kit for bottoms!



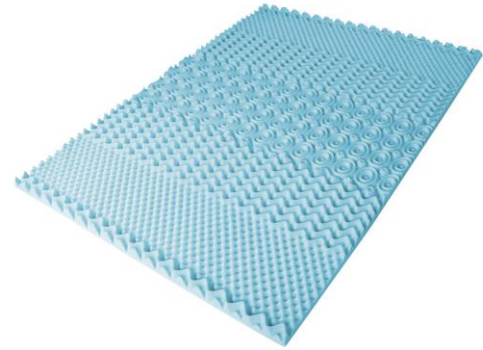
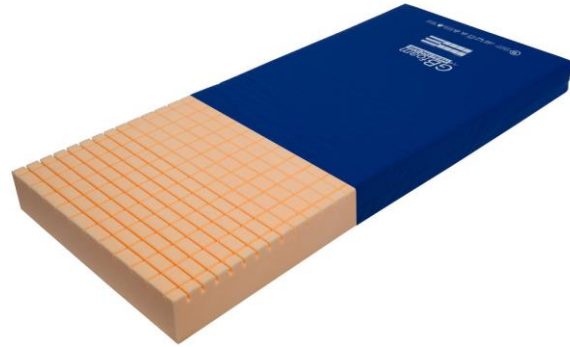
If your bottom is going red, try moving off it, or changing position. The redness should fade. If it doesn't, then the pressure of sitting or lying is causing damage to your skin.

The red is the body's way of telling you that you need to take the pressure off and move more regularly!

Try putting a pillow under one buttock in the chair or bed to tilt you and take the pressure off the red bit. After half an hour, change buttocks and keep doing this as often as you can.

If the red is where you are getting sore from being wet, keep your skin clean and dry and talk to your nurse about a barrier cream.

SPECIAL FOAM CUSHIONS AND
MATTRESSES CAN HELP SPREAD
THE WEIGHT OUT AND LOWER
THE RISK OF SKIN DAMAGE



MOVING IS THE MOST IMPORTANT THING

Photo reference:
<https://www.gbhealthcare.co.uk/products/190cm-x-120cm-x-15cm-hospital-grade-waterproof-mattress>

Photo reference:
<https://frasercountry.co.nz/collections/mattresses/products/fraser-country-7-zone-gel-infused-memory-foam-mattress-topper-double-5cm-thick>

When to get help

0300 123 3444

- ⦿ If your skin is red or sore
- ⦿ If you notice any open wounds