

PRESSURE ULCER PREVENTION

What is a pressure ulcer?

- Damage to the skin and below the surface, caused by periods of prolonged pressure to predominantly bony areas.
- Your skin needs sufficient blood flow to provide oxygen and nutrients. When this is prevented by pressure the cells in the skin and underlying tissue die resulting damage i.e. pressure ulcers

Think Food

- Do you have a well balanced diet containing fruit, veg, dairy (or dairy replacement), carbohydrate and protein
- Do you/your family member need prompting to eat i.e. if dementia is present
- Do you need a soft diet

If your dietary intake has reduced due to chronic illness and is not likely to return, speak to your GP as they maybe able to prescribe supplements.



- Do you need support with your continence?
- Do you sometimes not make it to the toilet in time?

Speak to your GP for a nurse referral for a continence assessment

- Do you have sore areas under your breasts, in your groin or in your sacrum crease?

Ensure you wash and thoroughly dry these areas daily as they are prone to moisture damage. Speak to your GP for some barrier cream to help protect the skin

Check your skin

- Is there any redness on your bony areas (see BEST SHOT above)
- Do your heels feel sore or spongy to touch?
- If you find a red area that doesn't turn pale when pressed speak to your GP for a nurse referral



Think BEST SHOT

- B- Buttocks
- E- Ears + Elbows
- S- Sacrum
- T- Trochanters (hips)
- S- Shoulders + Spine
- H- Heels
- O- Occipital (back of head)
- T- Toes

How can I help to prevent pressure ulcers?

Go to bed at night to redistribute pressure

Check your mattress for damage, if its old or thin you may need to change this Is your sofa/chair cushion worn and thin?

Go for walks during the day, even if just around the house

Lift your feet on the floor while watching TV



Keep moving

- If you are able, go for a walk, even if its just around the house.
- If you are not able to get out the chair without help, lift your buttock cheeks one at a time.
- Use a pillow to offload your heels whilst in bed

