

Following the principles within the General Data Protection Regulation (GDPR), MCH processes your data for purposes of:

- provision of health or social care or treatment
- medical diagnosis
- preventative or occupational medicine
- management of health or social care systems and services, carried out by, or under the supervision of health professional or another person, who in the circumstances owes a duty of confidentiality under an enactment or rule of law

Our privacy notice is available at www.medwaycommunityhealthcare.nhs.uk/privacy/

If you would like to view or request a copy of your patient record, please contact us at medch.dataprotection@nhs.net or on 01634 334640. In most instances this service is free and we aim to provide the requested information within 1 calendar month.

More information can be found by visiting: www.medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/

Sharing your information

Your information will only be disclosed to those who have a genuine need to know and who agree to keep your information confidential. For your direct care we often share information with:

- NHS hospitals and clinics
- GPs
- Social care

Medway Community Healthcare provides a wide range of high quality community health services for Medway residents; from community nurses and health visitors to speech and language therapists and out of hours urgent care.

Customer care

Please send any comments about Medway Community Healthcare services to: -
Customer care coordinator
Medway Community Healthcare
MCH House, Bailey Drive, Gillingham, Kent, ME8 0PZ
t: 01634 334650
medwaycustomer care@nhs.net

All contact will be treated confidentially

This information can be made available in other formats and languages. Please contact: medch.communications@nhs.net

Ref: MCH441



SCALE

Skin changes at life's end



Pressure Ulcers

Many people are at risk of developing a pressure ulcer. People who are at risk include those with:

- Limited movement
- Poor circulation
- Skin damage
- And wheelchair users
- End of life

Pressure ulcers, are sometimes known as bedsores or pressure sores and are a type of injury that affects areas of the skin and underlying tissue.

Pressure ulcers can range in severity from patches of discoloured skin to open wounds they may expose the underlying bone or muscle.



What can cause pressure ulcers?

Pressure damage can develop and occur to the skin due to poor circulation and limited movement. They can develop when a large amount of pressure is applied to an area of skin over a short period of time or when less force is applied but over a longer period of time.

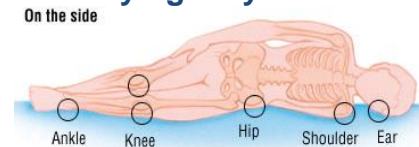
To prevent your skin from getting sore it is important that your skin is moisturised regularly and your position is changed regularly to minimise the risk of your skin breaking down.

There are a wide range of aids to help to keep you comfortable. These include cushions for chairs mattresses for beds, and pressure relieving air mattresses. Your Community nurses and palliative care team can assess what you need and arrange this for you.

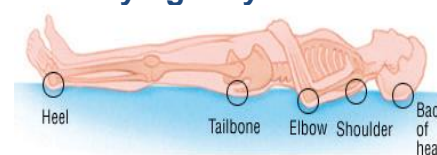
Pressure Areas

There are a number of areas of the body that are at risk of developing pressure ulcers. These are shown in the diagrams below;

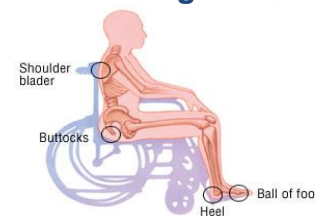
When lying on your side



When lying on your back



When using a wheelchair



Tissue viability

Unit 7/8 Ambley Green
Bailey Drive
Gillingham
Kent, ME8 0NJ
t: (01634) 382767

Skin changes

The skin is the largest organ in our body. When we are near the end of our life the skin can reflect changes that are happening internally. Our organs begin to fail and this includes the skin, as it is no longer receiving an adequate blood supply.

The skin may feel cooler due to the changes in the circulation. It may even look slightly blue in colour this is due to a lack of oxygen in the blood. There may also be signs of discolouration to the skin normally around the pressure areas this can look pink, red or appear bruised or purple in appearance.

If you, or someone you care for is at risk from a pressure ulcer or notice any of these skin changes Please inform your healthcare professional do not wait for your next scheduled visit.

All appropriate means will be taken by your health professionals so that your skin remains intact where possible. However comfort will always take priority. There may be breakdown to the skin even when care has been appropriate.