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- 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 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: 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: 0300 123 3444
medwaycustomer@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: MCH 552



Medway Community Healthcare CIC
providing services on behalf of the NHS
Registered office: MCH House, Bailey Drive,
Gillingham, Kent ME8 0PZ - Tel: 01634 337593
Registered in England and Wales, Company number: 07275637



**Your skin is as
fragile as a peach
...take care of it**



**Many people are at risk of
developing a pressure ulcer**

**Are you, or someone you care
for, one of them?**

Pressure ulcers

Many people are at risk of developing a pressure ulcer.

Are you, or someone you care for, one of them?

People who are at risk include those with:

- Limited movement
- Poor circulation
- Skin damage
- Wheelchair users

Pressure ulcers, also sometimes known as bed sores or pressure sores, are a type of injury that affects areas of the skin and underlying tissue. They are caused when the affected area of skin is placed under too much pressure.

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

What can cause pressure ulcers?

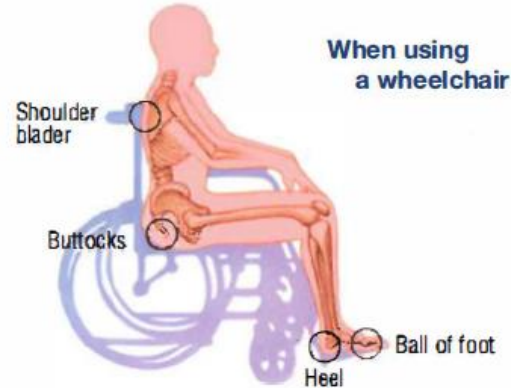
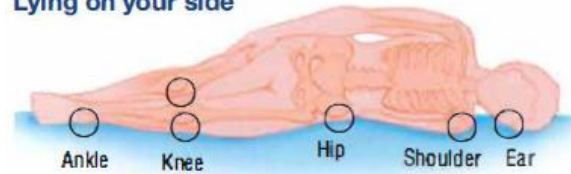
Pressure ulcers develop either when a large amount of pressure is applied to an area of skin over a short period of time or when less force is applied but over a longer period of time.

There are a number of areas of the body that are at risk of developing pressure ulcers. These are shown on the following diagrams:

Lying on your back



Lying on your side



How common are pressure ulcers?

Pressure ulcers are a widespread and often underestimated health problem in the UK and across the world.

It is estimated that just under half a million people in the UK will develop at least one pressure ulcer in any given year. This is usually people with an underlying health condition.

If you, or someone you care for, is at risk from a pressure ulcer it is important to know what signs to look for:

- A change in skin colour
- Skin hot or cold to the touch
- Discomfort or pain
- Blistering
- Skin damage

Help and advice available

Call us for help and advice on treating and preventing pressure ulcers:

t: 0300 123 3444

e: tissueviabilitymedway@nhs.net