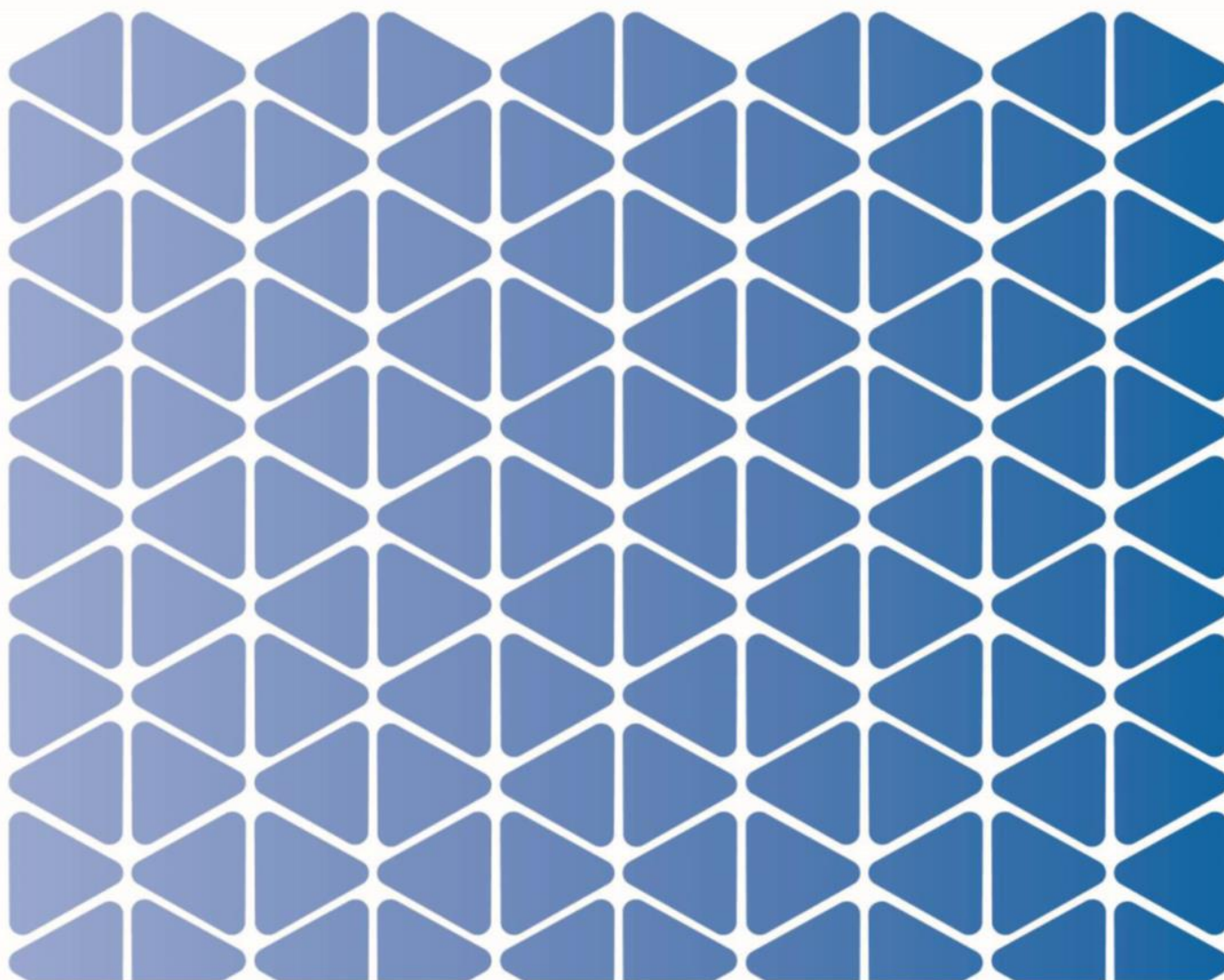




PATIENT INFORMATION

PRESSURE ULCER PREVENTION

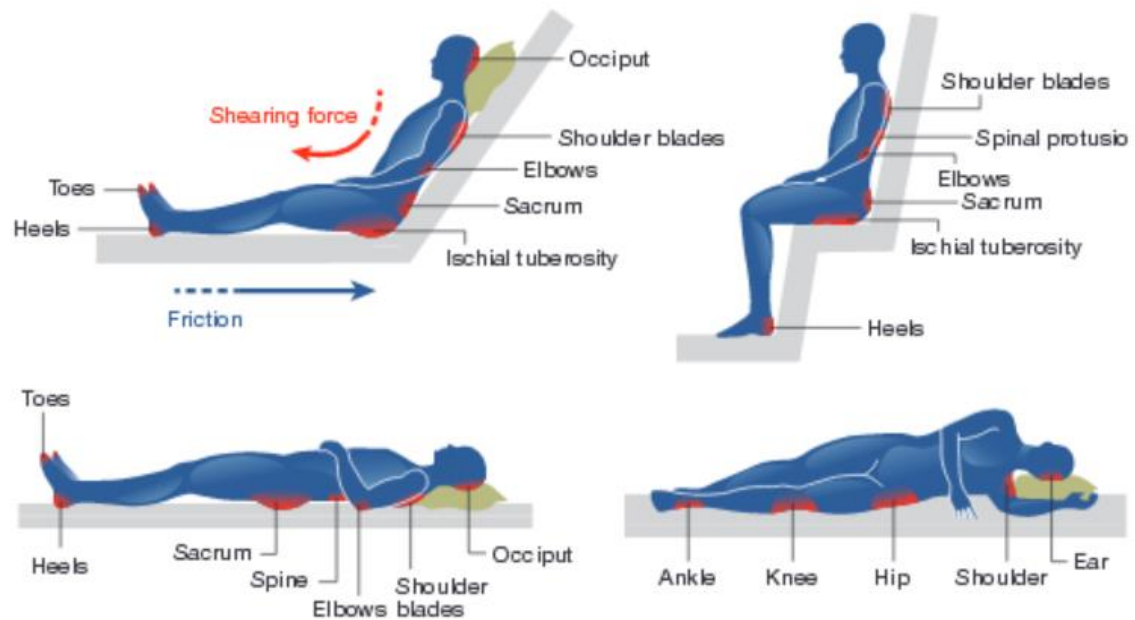


A ssessment of risk
S kin inspection and care
S upport surface selection and use
K eep your patient moving
I ncontinence and moisture care
N utrition and hydration management
G iving information

The purpose of this leaflet is to provide you and your carer information on pressure ulcers (often known as bed sores or pressure sores), how they develop and how to prevent them. This leaflet is a guide and often your treatment will be more detailed, you may want to discuss this with your nurse. **At worst a pressure ulcer is life threatening especially if they become infected. This is why they must be prevented.**

What is a Pressure Ulcer?

A pressure ulcer or bed sore is damage that occurs on the skin and underlying tissue, due to a lack of blood and oxygen supply. Damage can occur from the weight of the body pressing down on the skin and from sliding down the bed causing stretched and broken skin.



The most common places at risk of pressure damage are the bony parts of your body (seen here in red areas).

Who gets Pressure Ulcers?

Anyone can get a pressure ulcer particularly people with poor mobility who spend lots of time in bed or in the chair. Older people are more likely to develop pressure ulcers including people with:

- Diabetes/ neuropathy
- Poor circulation
- Poor appetite
- Serious illness/ major surgery
- Respiratory disorders

What are the warning signs?

- Pain/ burning
- Red patches over boney areas of fair skin
- Purple/black patches over boney areas of dark skin
- Blisters
- Heat
- Swelling

How can I prevent it?

Assessment – you will be risk assessed on admission to hospital and on each ward transfer.

Skin Inspection – You will be asked to have your skin inspected at least daily. Please inform the nurse if you have any existing skin issues.

Surface – You may need specialist equipment during your stay such as mattresses, chairs and cushions. This will be assessed regularly in line with your skin.

KeeP Moving – It is important to change position as often as possible either by yourself or with help from your nurse.

Incontinence & Moisture – Wet skin will damage easily by pressure. Keep skin clean and dry. Regular barrier cream/film and moisturiser will be applied if indicated.

Nutrition – Eat a good healthy diet and keep hydrated. A dietician referral will be made if indicated.

Giving Information – Please ask your nurse for further guidance on pressure ulcer prevention.

(NHSI 2019)

References

Best Practice Statement. *Care of the Older Person's Skin*. London: Wounds UK, 2012 (Second edition). Available to download from: www.wounds-uk.com

NHSI. (2019). Pressure Ulcers: Revised Definition and Measurement framework (online). Available from: <https://improvement.nhs.uk/resources/pressure-ulcers-revised-definition-and-measurement-framework/>

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.