

Pressure ulcers are a big problem across the country for patients and health and social care providers. The information in this leaflet is provided to help stop pressure ulcer damage happening to vulnerable people living in our community, with the help of their families and carers.

What is a pressure ulcer?

A pressure ulcer is damage to the skin and the deeper layer of tissue under the skin. This happens when pressure is applied to the same area of skin for a period of time and cuts off its blood supply. It is more likely to happen if a person has to stay in bed or a chair for a long time. Pressure ulcers are sometimes called 'bed sores' or pressure sores'. Without care, pressure ulcers can become very serious (NICE 2014).

Who can get them?

Anyone can develop a pressure ulcer but those most at risk are if you:

- ❖ cannot move easily
- ❖ do not eat well
- ❖ have medical problems
- ❖ have continence problems
- ❖ have memory problems
- ❖ are wheelchair users

Top tips for prevention

Check your skin:

Try and check your skin every day for pressure damage. If this is difficult for you, ask a carer or relative to check for you.

Look for redness or change of colour that does not ease once the pressure is off, pain or hot/cool skin especially in bony areas.

Change position:

Changing the way you are sitting or lying often is the best way to stop any damage from happening. Ask for help to do this if you need to. Even for people who cannot move very well on their own the smallest position change can help.

Food and fluid:

Eating well and drinking plenty of fluid gives your body the tools it needs to prevent damage to the skin or to help heal wounds that are already there.

Skin care:

Keep your skin clean and dry. Moisture next to/on skin can lead to damage. Barrier creams can be useful if you have problems with continence, ask you GP.

What to do next?

Please don't suffer in silence help us to help you by "turning 2 the other cheek", prevention is better than cure.

If you notice you have any problems or think you are getting a pressure ulcer, contact your GP or District Nursing Service for help.

You can contact the District Nursing

East Coast Community Access Tel:
01493 809977

Wheelchair services
01502 532182

If you would like this leaflet in large print, audio cassette, Braille or in a different language please contact Andrea Dawson on 01502 445297



You can get more information from:

NHS Choices Pressure Ulcer Information
<http://www.nhs.uk/Conditions/Pressure-ulcers/Pages/Introduction.aspx>

National Institute for Health and Care Excellence
<https://www.nice.org.uk/guidance/cg179/resources/pressure-ulcer-prevention-treatment-and-care-322345138885>

European Pressure Ulcer Advisory Panel Guidelines
www.epuap.org/guidelines

Royal College of Nursing – Pressure Ulcer Prevention guidelines
www.rcn.org.uk/development/practice

National Institute for Clinical Excellence (NICE)
www.nice.org.uk

Hazel Dyer (ECCH) September 2016



TAKE THE PRESSURE OFF

