

## You can find more information from:

NHS Choices Pressure Ulcer Information

<https://www.nhs.uk/conditions/pressure-sores/>

National Institute for Health and Care Excellence

[www.nice.org.uk/guidance/cg179/resources/pressure-ulcer-prevention-treatment-and-care-32234513885](http://www.nice.org.uk/guidance/cg179/resources/pressure-ulcer-prevention-treatment-and-care-32234513885)

European Pressure Ulcer Advisory Panel Guidelines

[www.epuap.org/guidelines](http://www.epuap.org/guidelines)

Royal College of Nursing – Pressure Ulcer Prevention guidelines

[www.rcn.org.uk/development/practice](http://www.rcn.org.uk/development/practice)

National Institute for Clinical Excellence (NICE)

[www.nice.org.uk](http://www.nice.org.uk)

For help with queries about ECCH's services, or to provide feedback, contact our Patient Advice and Liaison Service:

 **Tel:** 01502 445447

 **Email:** [patientliaison@ecchcic.nhs.uk](mailto:patientliaison@ecchcic.nhs.uk)

**Or write to:**

PALS, East Coast Community Healthcare,  
Hamilton House, Battery Green Road,  
Lowestoft, NR32 1DE



If you would like this leaflet in large print, audio cassette, Braille or in a different language, please contact us on **01502 445447**.

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# Take the Pressure Off

## Information & advice to prevent pressure ulcers



**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 prolonged period, which affects the blood supply within our skin.

This is more common in individuals that stay in bed or within a chair for longer periods of time. Pressure ulcers are also known as “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 you are most at risk if you have:

- Poor mobility or the inability to reposition
- Poor or unbalanced diet and fluid intake
- Long-term medical problems
- Continence issues or concerns
- Memory or mental health concerns
- Or those that use wheelchairs for prolonged periods

## Top tips for prevention



### 1. 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, and pain or hot/cool skin, especially in bony areas.

### 2. Change your position



Changing the position you are sitting or lying in is often the best way to stop any pressure from happening. Ask for help to do this if you need to. For those that have difficulty moving, even the slightest change in position can help.

## 3. Food and fluid

Eating and drinking well gives your body the tools it needs to prevent pressure damage to the skin, and will aid the healing of wounds that may already exist.



## 3. Skincare

Keep your skin clean and dry and moisturise dry areas of skin. Excessive moisture next to/on skin can lead to moisture damage. Barrier creams can be useful if you have problems with continence; ask your 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 the Community Nursing Service for help.

You can contact us on:  
**East Coast Community Access (ECCA)**  
**Tel: 01493 809977**

**Wheelchair Services**  
**Tel: 01502 532182**