

If the area remains red or you notice blisters or broken areas, this is likely to be an early pressure ulcer and must be reported to your healthcare professional.

If you have darkly pigmented skin it is much more difficult to see these changes. If you notice pain, heat or any discolouration in an area where bones are close to the skin, please report this to your healthcare professional.

If you have difficulty checking your skin, or you have any queries or concerns about pressure ulcers, please contact your healthcare professional:

**My healthcare professional is:**

**Telephone:**

## Contacting local health services

If you want to make a comment about this service, or need some advice or information about this, or any other local NHS service, please contact:

### **NSCP Patient Advice & Liaison Service (PALS)**

Freephone: **0800 389 5260**

Email: [nscp.pals@nsomersetcp-cic.nhs.uk](mailto:nscp.pals@nsomersetcp-cic.nhs.uk)

### **Care Quality Commission (CQC)**

The quality of our service provision is monitored by the Care Quality Commission (CQC). For further information please visit:

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

### **Dignity in Care Campaign**

The Dignity in Care Campaign aims to put dignity at the heart of care services in North Somerset. For further information please visit:

[www.northsomerset.nhs.uk/dignity](http://www.northsomerset.nhs.uk/dignity)

### **NHS Direct**

If you are concerned your child is unwell, please telephone NHS Direct on **111**.

### **Social Care**

If you are concerned a child is being harmed, or is at risk of abuse or neglect, please telephone Social Care on **01275 888 266**.

NSCP services may occasionally be unavoidably unavailable due to severe weather, staff sickness or other events outside of NSCP control.



Tissue Viability Service

## Inspecting your skin

Leaflet 2



## What is a pressure ulcer?

A pressure ulcer is any wound caused by unrelieved pressure. It is sometimes called a bed sore, but this can be misleading, as they do not always occur whilst in bed.

**Pressure ulcers are serious wounds and are preventable if caught and treated at an early stage.**

You have been identified as being at risk of developing a pressure ulcer. This leaflet has been written to guide you, or your carer, through the process of inspecting your skin. This will ensure the ulcer is identified and reported before it develops into a serious wound.



## Common places for pressure ulcers to develop

The most common places for pressure ulcers to occur are over the area where bones are close to the skin, this may include the heels, ankles, knees, the bottom, base of spine, hip, elbow and shoulders. They can develop when lying in bed and when sitting in a chair or wheelchair.

## Check your skin condition

**It is important to have your skin checked daily,** as redness or heat can indicate skin damage. If you notice a red area on an area where the bone is near the skin, apply gentle pressure with your finger for about 10 seconds. If the area blanches (turns white) this has not developed into a pressure ulcer.