

How to relieve pressure

To do this you should change positions in order to redistribute your weight regularly; this will relieve the pressure on the bony parts of the body which are most at risk.

This is recommended to be at least two hourly, but if your skin gets red more quickly and the mark does not disappear within 20-30 minutes it will need to be done more often. Seek advice if unsure.

If you are unable to move yourself to relieve pressure, your carers may need advice from your healthcare professional on the best way to reposition you without damaging your skin.

Try to build in changes of position into your daily routine as changing your position, even slightly, can make a big difference in preventing pressure ulcers.

If you have any other 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

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

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

NHS Direct

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

Social Care

If you are concerned that 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

Preventing pressure ulcers

Leaflet 1



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.

Definition of a pressure ulcer

'A localised injury to the skin and/or underlying tissue, usually over a bony prominence, as a result of pressure in combination with shear.'

EPUAP 2009

Common places for pressure ulcers to develop

The most common places for pressure ulcers to occur are over the areas where bones are close to the skin, this can include heels, ankles, knees, the bottom, base of the spine, hip, elbows and shoulders.

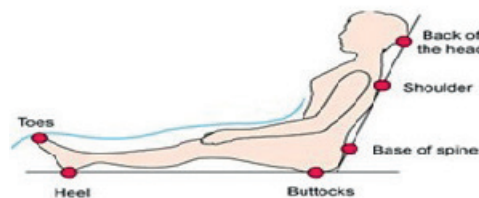
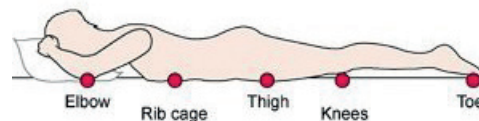
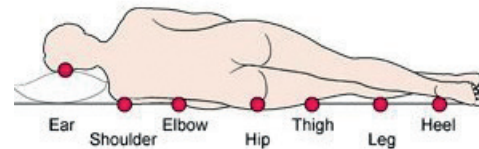
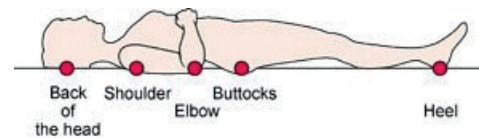
Are you at risk?

You can develop pressure ulcers if:

- You struggle changing positions
- You cannot feel parts of your body
- You suffer with a serious illness
- You have problems eating a balanced diet
- You have problems with incontinence.



Stage 1



Taken from the patient information website of Cancer Research UK: www.cancerresearchuk.org

How to prevent pressure ulcers from developing

Eat a balanced diet

A good diet helps to prevent you getting a pressure ulcer.

Make sure you eat plenty of:

Protein: eggs, cheese, milk, meat, fish or beans and lentils

Vitamins and minerals: fruit and fruit drinks, vegetables and fresh fish.

If you need more information about your diet, please ask your health professional for advice.

Take care of your skin

Wash skin with mild soap and water, pat dry; do not vigorously rub the skin. Use cream or lotion to prevent dryness. If you suffer with incontinence, protect skin with a barrier cream. A healthcare professional can offer advice on product choices.

Check your skin condition

It is important to have your skin checked daily, as redness or heat can indicate skin damage. You can do this with a mirror to look at areas which are difficult to view such as your back or bottom. If you are unable to do this you may need to ask your carer or healthcare professional to do this for you. Observe the skin for any changes, if a red mark does not disappear after 20-30 minutes or you notice breaks or blisters; seek advice from your healthcare professional.