

## BENEFITS OF PROMISE

The PROMISE project showed that continuous pressure monitoring in a patient's home

- Helps patients and carers become more involved in decisions about their care.
- Promotes healing of pressure ulcers in at least 60% of patients.
- Prevents pressure ulcers and reduces the risk of them recurring.

The Livewell Tissue Viability Team took part in the PROMISE Project. We now offer continual pressure monitoring in the community as part of our everyday practice.

### A Livewell carer says

*"It's given me reassurance and confidence that I'm doing thing in the right way. And helps you catch it before it gets any worse. All my son needed was a specialist cushion to offload the pressure. The TV nurses were all brilliant. It was well worth it. It was a positive experience."*



To find out more, contact the Tissue Viability Team

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For more information about the PROMISE Project [click here](#)



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THE PROMISE QUALITY IMPROVEMENT  
PROJECT 2018-2020 WAS LED  
IN PARTNERSHIP BY



# How PROMISE can help you

PRESSURE REDUCTION  
THROUGH CONTINUOUS  
MONITORING IN THE  
COMMUNITY SETTING

# What is Continuous Pressure Monitoring?

Continuous pressure monitoring is the continuous monitoring of the pressure points, which occur when a person sits or lays in one position for a period of time.

To do this, we use a thin flexible mat which is placed on your bed or chair and is covered by a sheet or thin cover.

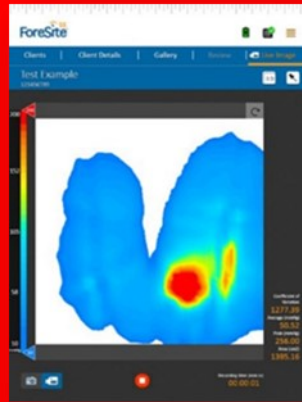
The mat contains thousands of sensors which each measure pressure and display this information as a picture on a monitor.



The monitor continuously records the pressures over several hours or days.

This allows you, your nurse and carer to see the areas of high pressure between your body and the bed/chair.

It also records how often you move (turn/shift) or are helped to move.



Areas of high pressure or 'hot spots' are shown in red or yellow.

These are high risk areas which indicate that you should try to change your position or that your bed or seating may need adjusting.

Seeing the pressure data gathered by the mat gives you visual feedback about your posture and movements and will help you and your nurse

- see where pressure builds up and understand why pressure ulcers may occur or have occurred
- see how your cushion, chair or mattress affects the pressures and whether these are still suitable for you
- decide what you can do together to reduce your pressure sore risk or help your pressure ulcers to heal

The information from PROMISE can also support other healthcare professionals involved in your care such as Physios and Occupational Therapists.

## ARE THERE ANY RISKS?

There are no significant risks and your nurse will make sure it is safe to use the equipment in your home.

The mat is not in direct contact with your skin and you shouldn't be able to feel it. If you feel it may increase your risk of falls, please tell your nurse.



### WHAT PROMISE MEANS TO A LIVEWELL PATIENT

*PROMISE has made a lot of difference to me. It helped me understand about my positioning and it made a lot of difference having the new cushion and mattress.*