

Think 'ASSKING'

A – Assessment

Assess the patient's risk of developing pressure ulcers, Waterlow within 6 hours on the ward and 72 hours community. Reassess if condition changes.

S – Surface

Are your support surfaces, eg, your bed, cushions and chair suitable to prevent pressure ulcers? Ask your nurse or carer to explain different types of equipment available to you and answer any questions you may have.

S – Skin Inspection

Check your skin or ask your nurse or carer to look for early signs of pressure damage at least once a day, or as often as possible. Early detection is vital for prevention. Look for redness or skin that is darker than normal. Do any areas of your skin feel hot or painful? Also check for blisters, dry patches or cracks in the skin.

K – Keep Moving

Moving and changing position reduces the risk of pressure ulcers. Change your position as often as you can, ask your nurse or carer for help if needed. You will still need to change your position even if you have a special mattress or cushion.

I – Incontinence and Moisture

Moisture and wetness increases the risk of developing pressure damage. Keep your skin dry and clean. Use a barrier cream if it is recommended by your healthcare professional.

N- Nutrition and Hydration

A healthy well balanced diet and plenty of fluids reduces the risk of pressure ulcers by providing the skin with essential nutrients and keeping it well hydrated. If you are experiencing difficulties eating or drinking, speak to your nurse or carer.

G - Give information and share learning

Give written information to the patient and carers, use a multidisciplinary approach seek help and get advice early. Keep concise up to date documentation.

If you see warning signs contact your healthcare professional

Pressure Ulcer Leaflet v3 SH/2019

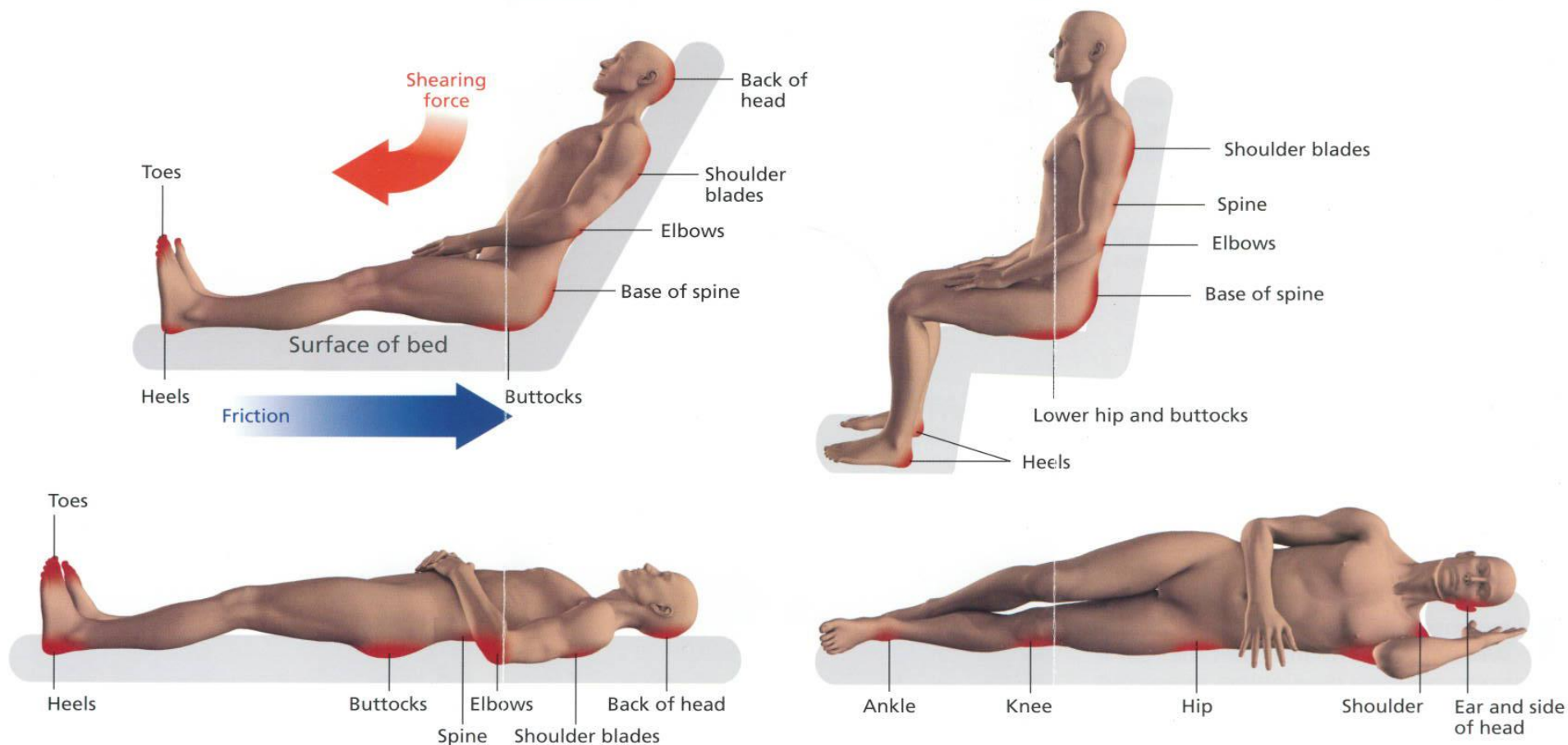


Pressure Ulcer Prevention



Supporting people to be Safe, Well and at Home

Pressure ulcer risk areas



What is a pressure ulcer?

A pressure ulcer, often known as a pressure sore or bed sore, is an area of damage to the skin and underlying tissue. They are caused by a combination of:

- **Pressure** - Normal body weight can squash the skin and damage the blood supply to an area, leading to tissue damage.
- **Shearing** - Sliding or slumping down in a bed or chair can damage the skin and deeper layers of tissue.

- **Friction** - Poor lifting and moving techniques can remove the top layers of skin. Repeated friction can increase the risk of pressure ulcers.