

A - Assess risk

A healthcare professional will assess your risk using a risk assessment tool (Purpose T to define primary or secondary prevention pathway). Assessment must be undertaken within 6 hours on the ward and 72 hours in the community. Reassessment will take place if condition changes.

S - Surface

Are support surfaces, e.g. mattress, cushion, chair suitable to meet your need and prevent pressure ulcers? Is the equipment in working order and set up appropriately? Ask your healthcare professional to discuss the different types of equipment available.

S - Skin inspection

Check your skin and if you have a carer ask them to check it daily. If you have a healthcare professional visiting, you can ask them to check your skin on their next visit. Contact your healthcare professional if you notice any changes in your skin or have any concerns. Remember pressure damage can occur within 24 hours. Early detection is vital. Look for areas of redness or darkened areas that do not blanch under light finger pressures. Do any of the areas of your skin feel hot or painful? Check for blisters, dry areas and cracks in the skin.

K - Keep moving

Moving and changing position increases the blood flow and reduces the risk of pressure ulcers. Change your position as often as possible, ask for help if needed. You still need to change your position. You still need to change position even if you have a special pressure relieving mattress or cushion.

I – Incontinence and Moisture

Moisture and wetness increase the risk of developing pressure damage. Keep your skin clean and dry. Ask your health care professional to recommend a barrier cream if you are incontinent or exposed to moisture.

N – Nutrition

A healthy well-balanced diet and plenty of fluids reduces the risk of pressure ulcers and keeps the skin healthy by providing essential nutrients. Speak to your healthcare professional if you are experiencing difficulties eating or drinking. Your health care professional can undertake a nutritional assessment (MUST) as a baseline assessment to be monitored.

G – Giving Information and Share Learning

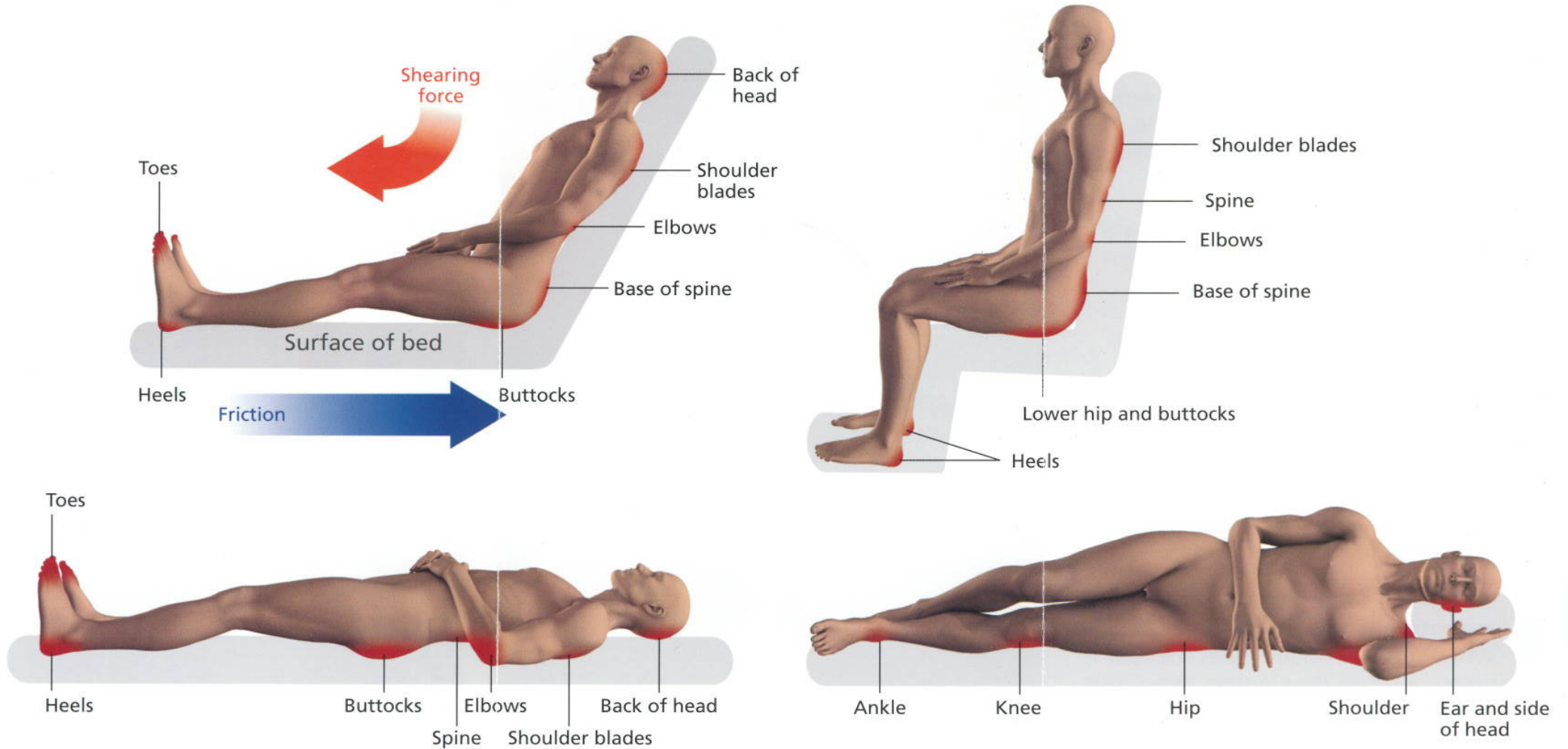
Your healthcare provider will give information and share learning, they will work towards a multidisciplinary approach seeking help and advice at an early stage. Your healthcare provider will keep concise up to date documentation focussed on your plan of care.

If you see warning signs, contact your healthcare professional.



Pressure Ulcer Prevention





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.