

Think 'SSKIN'

S – Surface

Are your support surfaces, eg, your bed, cushions, chair and foot stool suitable for preventing 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 to reduce continuous pressure on sites of your body, 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 & keeping it well hydrated. If you are experiencing difficulties eating or drinking, speak to your nurse or carer.

If you see warning signs of pressure ulcers on your feet or heels contact Podiatry Services on:

Tel: 01752 434855

Email: livewell.podiatrypatients@nhs.net

Further information about the service and how to manage a range of foot health problems yourself, can also be found on our website: www.livewellsouthwest.co.uk/project/podiatry

www.livewellsouthwest.co.uk

Podiatry Services Patient Information Leaflet



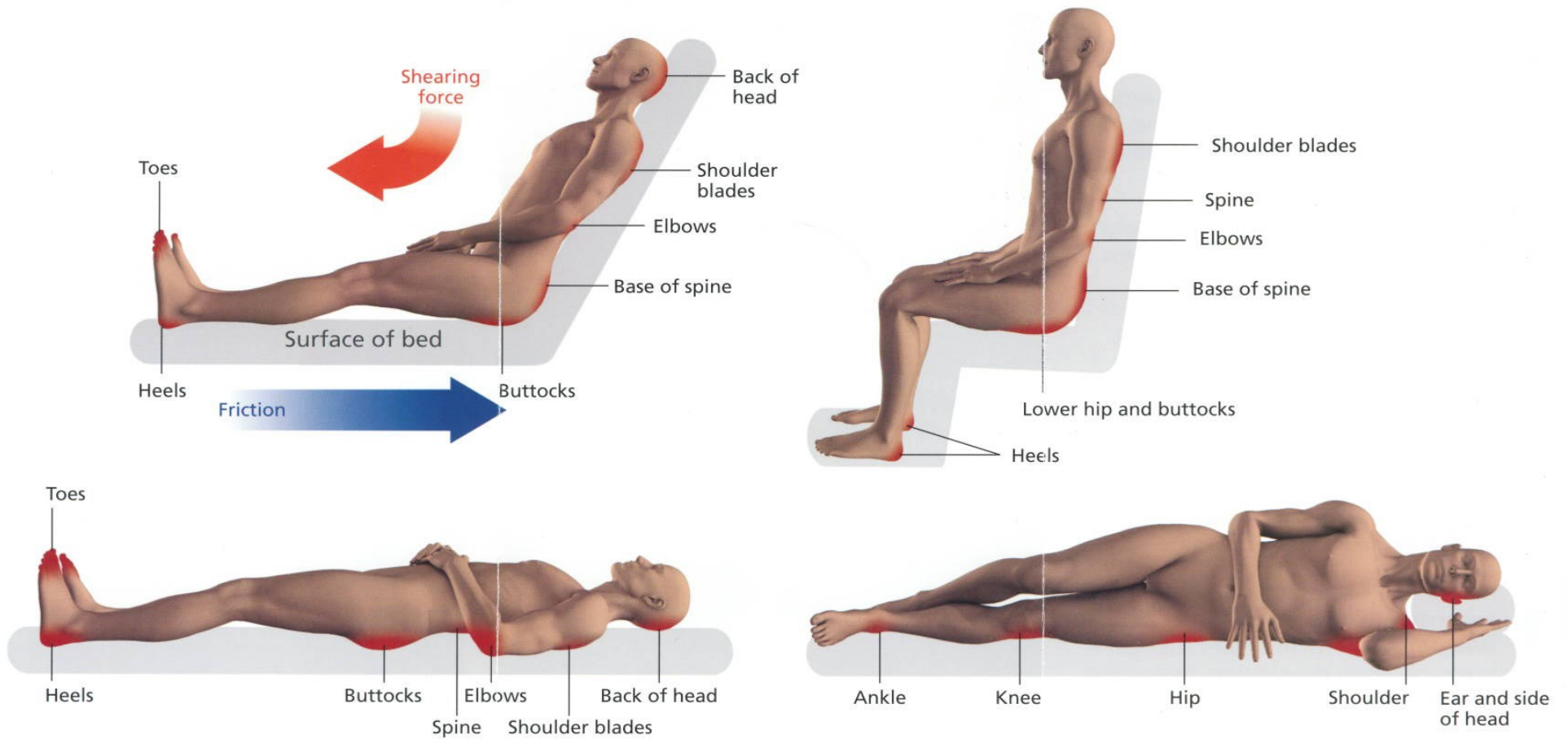
Pressure Ulcer Prevention

(March 2023)

Everyday advice about how to care for your feet and prevent common problems

We support people to lead independent, healthy lives

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.