

What can you do?

Move, move, move!

- Keep moving as often as you can, even small movements help.
- Change your position frequently when in bed or sitting in a chair.
- If you're unable to move yourself staff will assist you in changing your position.
- Special equipment can be ordered to reduce pressure if needed.

Look after your skin

Tell staff if you have any tenderness or soreness over boney areas or if you notice a blister or broken skin. Keep your skin and bedding dry, let staff know if you are wet.

For further information please speak with your healthcare professional.

Patients, families and caregivers are encouraged to be involved in discussions and decisions about prevention and management of pressure injuries.



Let's take the Pressure Off.
Preventing and treating pressure injuries

Information for patients, families and caregivers.

What is a pressure injury?

Also known as a bed sore, pressure injuries are injuries to the skin and deeper layers, it is the result of pressure, friction and shearing.

Pressure injuries can range from a discolouration of the skin to an open sore which can affect the top layer of skin or extend down into muscle and bone.

How do they occur?

Injuries are caused when tissue is pressed between a bone inside the body and an outside surface such as a bed or chair. If pressure is prolonged blood supply is cut off which can cause tissue damage.

Shearing is when skin sticks to a surface and the rest of the body moves, such as when transferring, resulting in blood vessels becoming kinked or torn.

This may also lead to damaged tissue.

Who is at risk?

Any person of any age may be at risk. Factors that may increase the risk of development include.

- Overall poor health status
- Limited mobility
- Poor nutrition or hydration
- Lack of feeling in lower limbs e.g. diabetes, spinal cord injury or multiple sclerosis
- Excessive moisture due to urinary or fecal incontinence
- Past history of pressure injury

Why are pressure injuries a problem?

A pressure injury may seem minor, such as redness of the skin, but they can hide more damage under the surface. These injuries can develop quickly, cause pain, become infected and may delay your recovery by weeks or months.

What to look for?

Red/purple/blue skin
Blister, swelling, shiny or warm areas over boney areas

Where to look?

Injuries usually occur over boney areas, such as the heels, elbows, hips, buttock and tail bone. The diagram below illustrates places on your body that are at risk.



