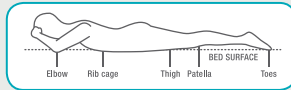
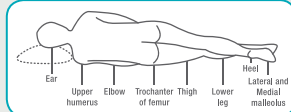
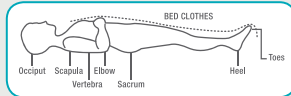
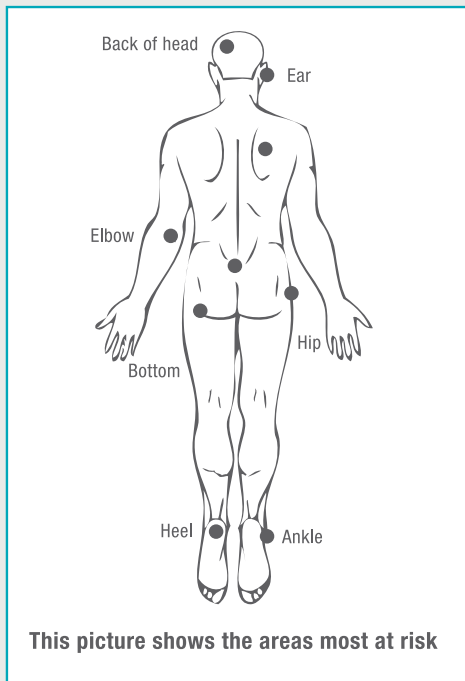


Where do they occur?

Pressure injuries can occur on most parts of your body.



The most common sites for pressure injuries are over the tail bone (lower back), the heels, hips and the buttocks.



This picture shows the areas most at risk

Remember...

- ✓ Move, move, move
- ✓ Look after your skin
- ✓ Eat a balanced diet



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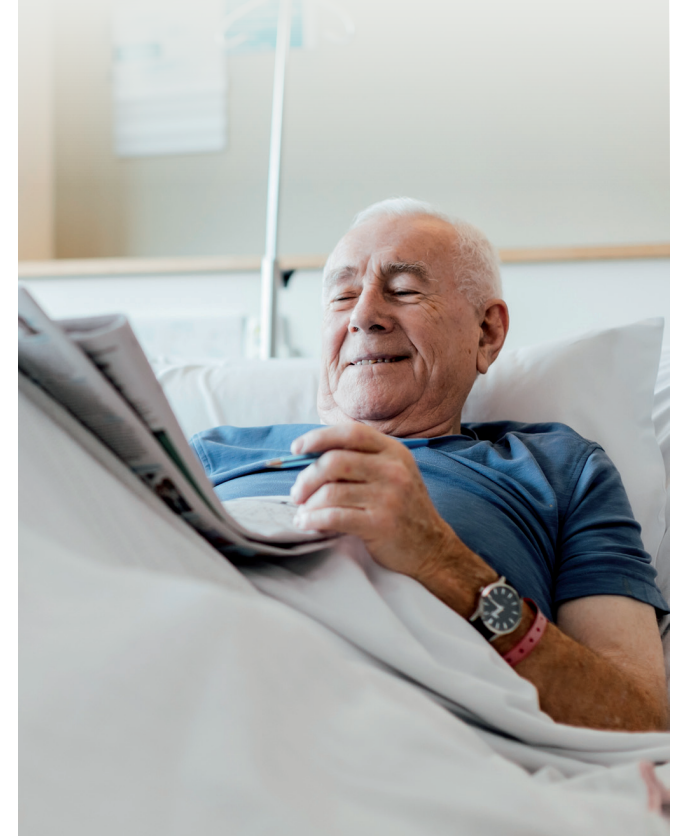
07/2017



Nepean
PRIVATE HOSPITAL

Prevention of pressure injuries

Time to move



Move, move, move

Nepean Private Hospital has made this brochure available to you because you have been identified as having an increased risk of developing a pressure injury or otherwise commonly referred to as bed sore or pressure sore.

The information provided will explain to you about pressure injuries and what you can do to help avoid them.

What is a pressure injury?

A pressure injury is an area of damaged skin and flesh. It is usually caused by sitting or lying in one position for too long, without moving to relieve the pressure.

A pressure injury can develop in only a few hours.

It usually starts with the skin changing colour – it may appear slightly redder or darker than usual.

If the pressure is not relieved, it can develop in a few days into an open blister and over a long period into a deep hole in the flesh.

Which parts of my body can develop pressure injuries?

Pressure injuries are most likely to develop on parts of the body which take the weight and where the bone is close to the surface.

Am I at risk of getting a pressure injury?

You are at risk of getting a pressure injury if:

- You have to stay in bed
- You are in a wheelchair
- You have difficulty moving about
- You spend long periods in an armchair
- You have a serious illness
- You are elderly and weak
- You are incontinent

- You have poor circulation
- Your body is not very sensitive eg. you have had a stroke
- You are not eating a balanced diet or having enough to drink
- You have Diabetes.

Look after your skin

Skin grows thinner and less elastic with advancing age. This means that the blood circulation is less protected, and as a result the skin is easier to damage as you get older.

Try and keep your skin clean and dry at all times. Let nursing staff know as soon as possible if clothes or bedding is damp.

Check your skin regularly for any reddened or sore areas, use a mirror if you are unable to see hard to reach spots. Your nurse will inspect your skin as part of your pressure injury prevention assessment.

Use a moisturising lotion to prevent skin drying out and cracking and protect skin from dry or cold air.

Bathe or shower in warm NOT HOT water using a mild cleanser or soap. Dry your skin gently afterwards.

Avoid massaging your skin over the bony parts of your body.

Eat a balanced nutritious diet and drink regularly to keep your skin well hydrated.

How can I avoid pressure injuries?

If you are in bed:

If possible change position every two to three hours, alternating between your back and sides more frequently if you are able. If you find this difficult inform the nurses and they can assist you.

If you sit up in bed, make sure you do not slide down because this can drag on your heels and bottom.

If you are in a chair:

Lift your bottom off the chair every hour, if able, to ensure circulation is adequate.

Walking is a great way to relieve pressure, ask your nurse to assist you if you are unable to walk independently.

If you have your feet on a stool, move them every hour, take them off and move your calves around in a circular motion.

Assessing your risk

To assess your risk of developing pressure injuries, a staff member will examine you and ask you general questions about your health, your skin, your appetite, your nutrition and hydration, and your ability to move independently.

This is called a risk assessment. The staff may also take a photo of your pressure injury to file in your medical record for future reference or proof of healing etc. A special air mattress may be put on the bed to alleviate pressure for a short period of time until you are fully mobile again.

Good nutrition plays a vital role in pressure injury prevention/treatment. Staff may refer you to a Dietitian if you have a medium to high risk of a pressure injury, to assess your diet/fluid intake and ascertain if you would benefit from dietary supplements.

Together we can work out the best plan to prevent or reduce the risk of you getting a pressure injury.

If you have any questions regarding this brochure or any queries relating to pressure injuries please do not hesitate to ask one of the nursing staff.