

Pressure ulcers (sometimes called bed sores)



Some people will need someone to help them to go through this information so that they understand it. This person may be a member of staff, someone from your family or a friend.

What is a pressure ulcer (bed sore)?



A pressure ulcer (bed sore) is a wound on the body caused by pressure. The skin gets sore because the person has been lying or sitting in one place for a long time.

The appearance is different depending on your skin colour.

It may look like:

A red mark on the skin

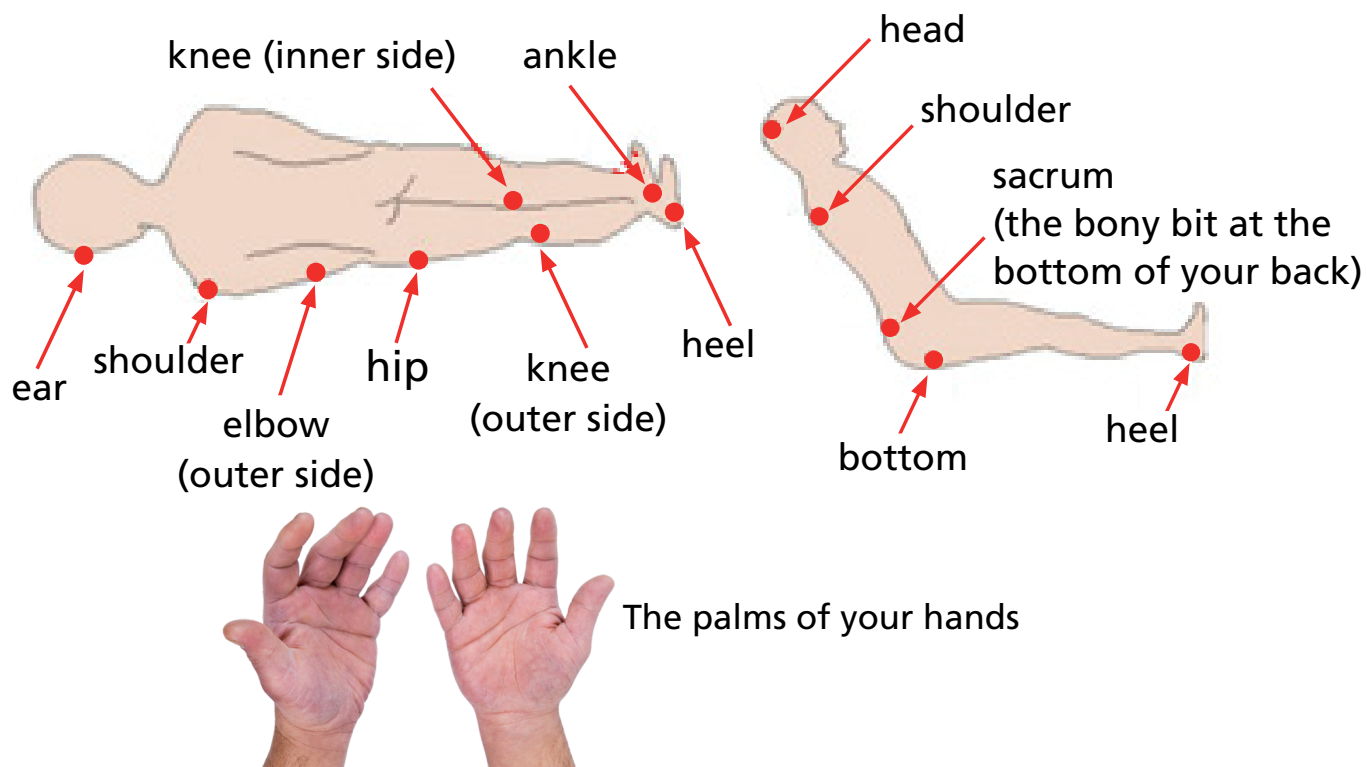


A brown or black mark on the skin

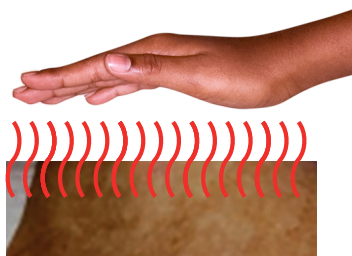
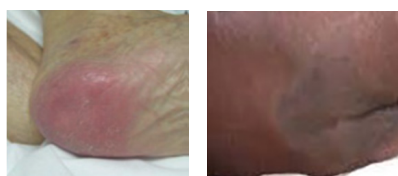


The skin could be broken.

Common areas on the body where you may get a pressure ulcer (bed sore)



Pressure ulcer (bed sore) warning signs to look out for



Ouch!



- Red or black patches on your skin.
- Skin might feel warm.
- Hard or swollen areas.
- It hurts when you touch it.
- Skin could look shiny.

Who is more likely to get a pressure ulcer (bed sore)?



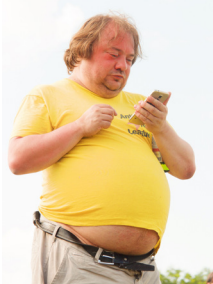
People with reduced mobility.



People who have just had an operation.



People who are too thin.



People who are too fat.



Older people.



People with other health problems.



People who have leaks of poo or wee (this is called incontinence) into their underwear or pad.

Things you can do to stop pressure damage to your skin



Keep checking your skin.



Eat a healthy diet.



Drink lots of water - about 8 mugs every day.



Make sure you have a comfortable bed and chair.



Wash and dry your body every day.



Keep as active as you can.

What you should do if you think you have a pressure ulcer (bed sore)



If you notice any change to your skin and feel it might be a pressure ulcer (bed sore) it is very important that you let someone know.

Speak to a family member, a carer, your doctor or nurse to get the area checked.

What happens if you have a pressure ulcer (bed sore)?



- You will be checked by a nurse.
- The nurse will talk to you about the plan to make your pressure ulcer better.
- The nurse will tell you how to stop it happening again.
- The nurse can give you more information.
- The nurse can answer your questions.

Note to nurse: Use giving information section from Pressure ulcers – Stop, Plan, Prevent.