

STOP the **pressure...** make the **move**



Does your skin
look like this...



...or this

What you can do to prevent
pressure ulcers.



Leicestershire Partnership
NHS Trust and
University Hospitals of
Leicester NHS Trust

LOROS

Hospice Care for Leicester, Leicestershire & Rutland



Leicestershire
County Council



Leicester
City Council

What is a pressure ulcer?

A pressure ulcer (sometimes called a bed sore) is an area of damaged skin that can be caused by continuous pressure on any part of the body. It can range from a reddening of the skin to a deep wound.



How do you get a pressure ulcer?

If you sit still in a chair or lie in a bed for a period of time and don't move regularly, you may notice that your skin feels uncomfortable or even painful.

When this happens you would usually change your position to stop the discomfort.

Sometimes you may be unable to change your position. With some conditions the sense of feeling is also affected. For example if you have diabetes, you may not feel the pain in your feet and so miss the trigger to move.

If you stay in the same position for too long without moving your skin can get damaged. The damage is caused by pressure and any wounds that occur as a result are called pressure ulcers.

Are you likely to get a pressure ulcer?

You can reduce your risk of getting a pressure ulcer by regularly changing your position.

If you are unable to move about or make small adjustments to your position, you will be more likely to get a pressure ulcer.

Think about the risk of pressure ulcers when:

- You are ill and/or have to stay in bed or a chair when at home or in hospital.
- You cannot move because of your illness, medical condition or specialist equipment.
- When movement is painful.
- If you have reduced pain sensations or looking after someone who is not able to express their pain.

Some people live with an increased risk of pressure ulcers e.g. those who use a wheelchair.



What you can do to stop pressure ulcers

- Keep moving by altering your position frequently, even small movements can help.
- Have a balanced diet and drink plenty of fluids - you should aim to drink 8 - 10 cups of fluid per day.
- Protect your skin by keeping it clean using a mild soap and water and drying well.
- Use any pressure relief equipment that your healthcare professional has provided.
- Check your skin each day for any changes. Look for skin that doesn't go back to its normal colour after you have taken your weight off. On darker skin tones look for any purple or bluish patches.

Ask your carer to help prevent pressure ulcers by sharing this leaflet.