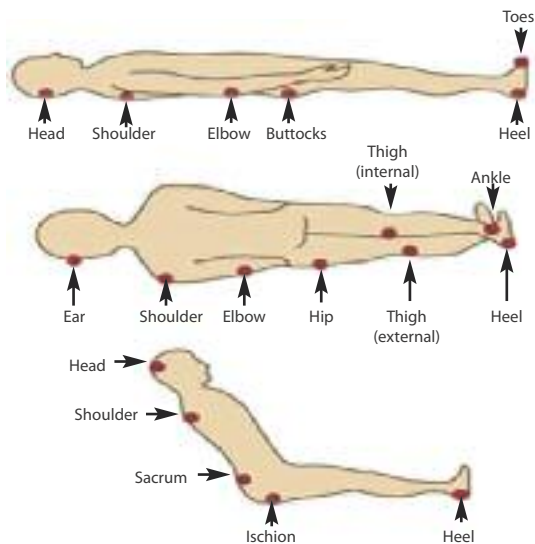


What do pressure ulcers look like?

A pressure ulcer can look like redness of the skin that does not go away to an open sore that goes through to bone.



Where on the body can you get Pressure Ulcers?



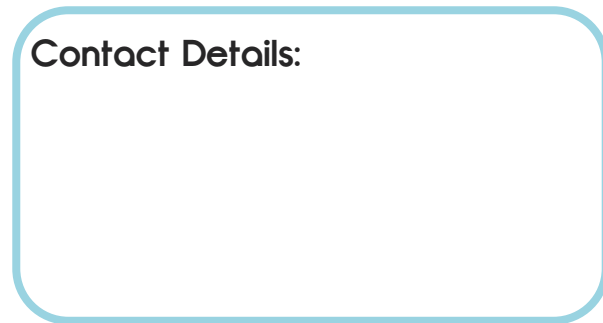
Care Giver Tip

Don't forget to check places like the ears and tips of toes. These are common areas where pressure ulcers develop and are often forgotten.



Reposition • Inspect • Skin Care • Eat Well

Contact Details:



This leaflet is intended as a guide only. If you are concerned about anything in this leaflet please discuss this with your healthcare professional.

Further Information:

To download this leaflet or for further information on pressure ulcers please visit :

- www.wmai.ie
- www.carersassociation.ie
- www.irishpracticenurses.ie

Funded by:



Endorsed by:



Preventing Pressure Ulcers



Reposition • Inspect • Skin Care • Eat Well



Information for Carers



How To Prevent Pressure Ulcers



Reposition • Inspect • Skin Care • Eat Well

What is a Pressure Ulcer?

A pressure ulcer (sometimes called a pressure sore or bed sore) is an area of damage to the skin usually over a bony area such as the hip, bottom, heels or elbows. The skin needs a good blood supply to stay healthy. Too much pressure on the skin, for instance from sitting or lying in one position for a long time, can disrupt blood flow and cause the skin to become red. If pressure continues the skin can become damaged; this is called a pressure ulcer.

Who can get a Pressure Ulcer

Pressure ulcer can affect anyone. Those most at risk are people who cannot move very well, for example people who are confined to bed for long periods of time or those in wheelchairs. The elderly and people with ill health are particularly at risk.

Reposition

Try to help the person you are caring for to move every 2 hours or more often. This could involve standing with help for a few minutes, a short walk or changing position in the chair or bed. Always try to keep the heels free of pressure as they are soft and can become damaged very easily.

Inspect

Inspect the skin at least daily for any signs of redness particularly at the pressure points shown in the picture overleaf. If you notice redness that does not go away, keep pressure off the area and inform your local health professional such as your GP or public health nurse who will be able to advise you.

Some people have very poor feeling in their skin and will not be able to tell you if an area is hurting, so always inspect carefully.

Care Giver Tip

Choose socks that do not have a tight elastic band at the top as this can impede circulation in the legs.

Skin Care

When washing the person you are caring for use a mild soap and water and pat the skin dry but do not rub! If the person is incontinent make sure to wash the skin in that area regularly and dry well



Eat well

We need good food to keep our bodies healthy and to help healing. It is important to offer the person fluids and foods that are high in nutrition. Sometimes small meals offered more frequently are easier than large meals. If the skin is very dry it may be a sign the person is not getting enough fluids. If in doubt contact your health professionals.

Care Giver Tip

Remember red is a warning sign! If concerned talk to a health care professional.