To: European Pressure Ulcer Advisory Panel,  
Prof. Lisette Schoonhoven,  
Prof. Dimitri Beeckman and  
whom it may concern,

**World Wide STOP Pressure Ulcer Day at Netcare:**  
**Montana Hospital, Pretoria, South Africa,**  
**17 November 2016**

Netcare Montana Hospital, a private hospital in the Northern area of Pretoria, South Africa, supported World Wide STOP Pressure Ulcer day by arranging a Pressure Ulcer awareness day for the community and hospital staff. The focus group included various frail care facilities, old age homes, stepdown facilities and home care providers. A patient/staff information booklet was handed out to the community members and hospital staff containing valuable information regarding the identification, prevention and treatment of pressure ulcers, as well as contact details when help is required. Demonstrations on patient positioning techniques were given as well as short videos shown explaining more about the SSKIN bundle (Skin Assessment, Surface, Keep Moving, Incontinence Care and Nutritional & Hydration).

Valuable support were received from 10 trade companies including Mölnlycke Healthcare, 3M, Drawtex, Ligamed SA, BSN Medical, Umsinsi Healthcare, Acelity, Smith&Nephew, Coloplast and Fresenius Kabi who educated the community and staff on products available in the prevention and treatment of pressure ulcers.

Netcare Montana Hospital aims to support this annual international event as making a difference and getting the incidence of Pressure Ulcers down to zero is what it is all about.

We at Netcare Montana Hospital believe knowledge is power and prevention is better than cure and strive to make a difference through passion, dignity, truth, participation and care.

Thank you for sharing our story with the world.

Kind regards

Sr. Henta Wells  
Wound Care Department  
Netcare Montana Hospital  
WHASA North-Gauteng Chairperson  
SAPUAP Vice Chairperson
NETCARE MONTANA HOSPITAL

Supports

WORLD WIDE STOP PRESSURE ULCER DAY

On

17 NOVEMBER 2016

NEDCARE MONTANA HOSPITAL PRESSURE PREVENTION DAY

17 NOVEMBER

BEATINGUER

DROP BOX

PHOTO COLLADA
**INDEX**

1. What is a pressure ulcer?
2. What causes or contributes to the development of a pressure ulcer?
3. Who is most at risk of developing a pressure ulcer?
4. How does a pressure ulcer look like?
5. How can it be prevented?
6. How do I treat it?
7. When should I seek help?
8. Where do I find help?

**WHAT IS A PRESSURE ULCER?**

A pressure injury is localized damage to the skin and/or underlying soft tissue caused by bony prominence or related to a pressure exerted with shear. The tolerance of skin to pressure and shearing may also be altered by microclimate, nutrition, perfusion, and condition of the skin (National Pressure Ulcer Advisory Panel, 2004).

**WHAT CAUSES OR CONTRIBUTE TO THE DEVELOPMENT OF A PRESSURE ULCER?**

**1.** Inadequate perfusion and nutrition

**2.** Infection

**3.** Incontinence

**4.** High activity level

**5.** Medications

**6.** Diabetes

**7.** Immobility

**8.** Poor wound care

**9.** Smoking

**10.** Alcoholism

**WHERE DO I FIND HELP?**

- Contact your local clinic/hospital/GP
- Contact your local pharmacy to enquire about a local wound care sister
- Contact WHASA (Wound Healing Association of South Africa) to help find your local wound care contact person
  - (011) 475 2902
  - info@whasa.org

**REFERENCES**


**PRESSURE ULCER DAY on 17 NOVEMBER 2016**

**S K N**

**PHOTO COLLADA**