



Pressure Ulcers:

What are they?

What can you do to prevent them?



Purpose of the presentation

- To provide an overview of what a pressure ulcer is
- Most importantly – PREVENTION



What is a pressure ulcer?

A pressure ulcer is damage on the skin and underlying tissue that can lead to an open wound.

They are caused by pressure and friction on bony areas like your bottom, heel, hip, elbow, ankle, shoulder and back of your head.

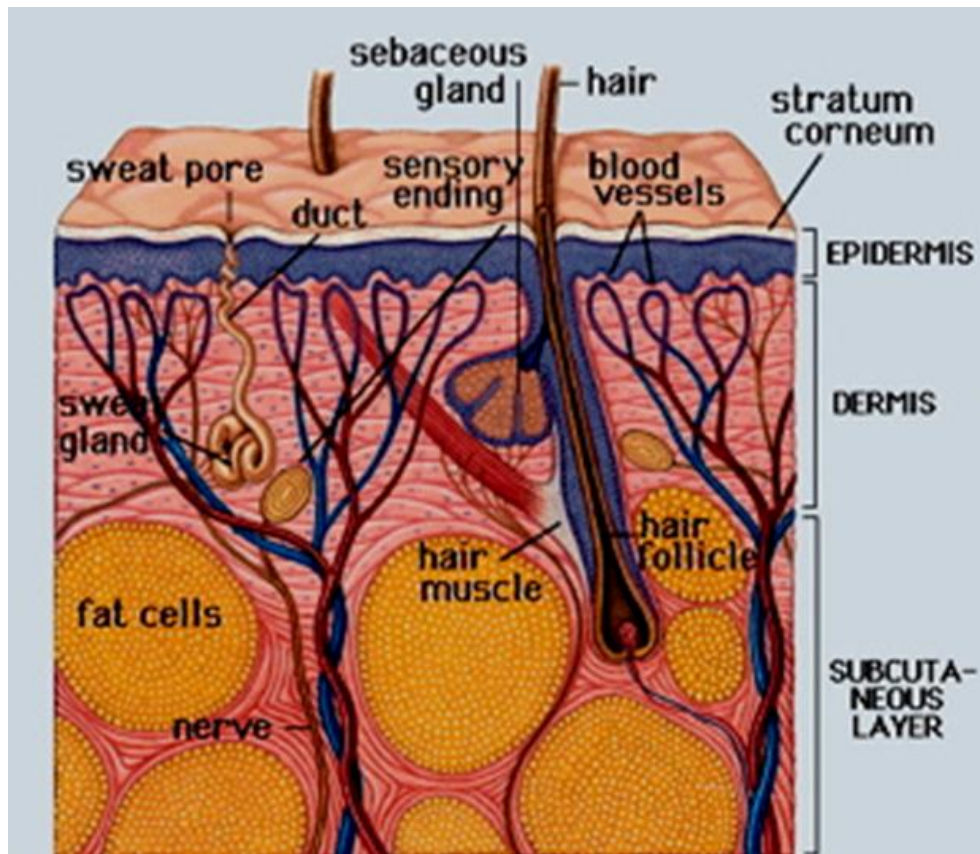


Statistics

- 700,000 people a year are affected by pressure ulcers
- 186,617 patients develop a pressure ulcer in hospital each year
- 70% occur in people over 65



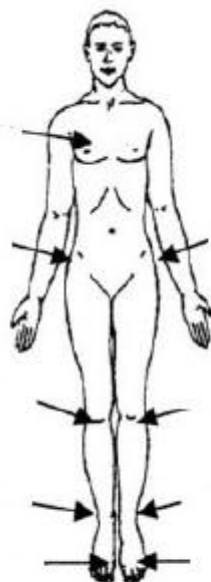
The Skin



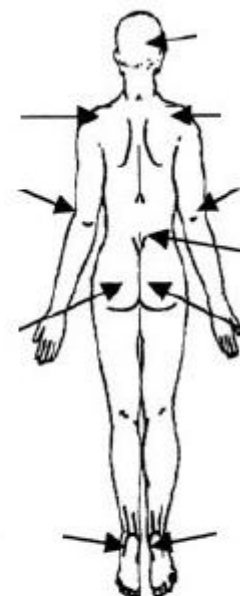
When sitting in a chair or lying in bed, if you do not move for some time you may notice that your skin feels uncomfortable or even painful.



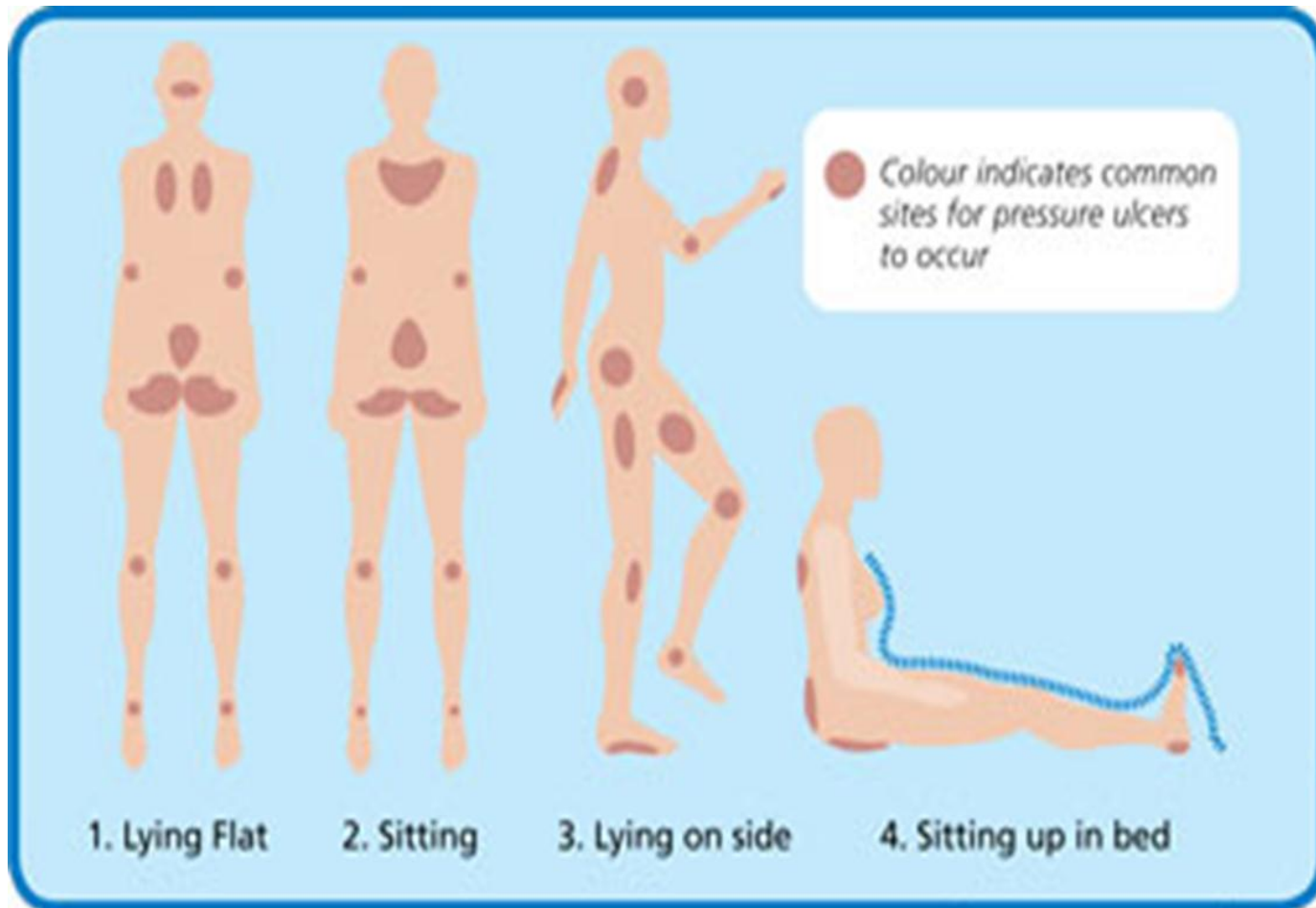
Areas most affected



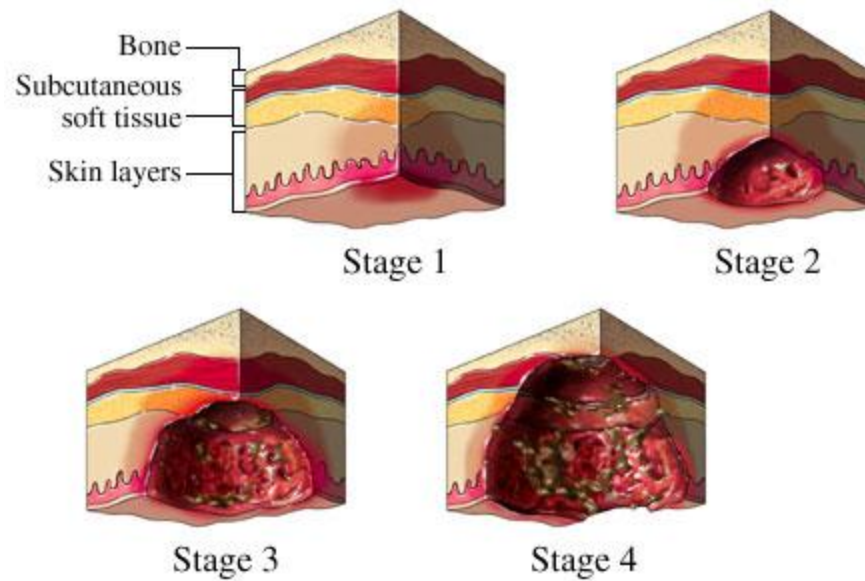
Hip
Spine
Lower back
Shoulder blades
Elbows
Heels
Ears
Back of head



Position



Grading



Real life



Prevention

Surface:
Make sure your patients have the right support.

Skin
Inspection:
Early inspection means early detection. Show patients and carers what to look for.

Keep your patients moving.

Incontinence/ Moisture:
Your patients need to be clean and dry.

Nutrition/ Hydration:
Help patients have the right diet and plenty of fluids.



What can you do?

- Keep moving
- Good nutrition
- Good skin care
- Effective management of continence
- Early detection – early intervention
- Talk to your health care professional



Useful links

- [http://www.epuap.org/wp-content/uploads/2015/09/EPUAP Patient Guide A4 blue.pdf](http://www.epuap.org/wp-content/uploads/2015/09/EPUAP_Patient_Guide_A4_blue.pdf)
- <http://nhs.stopthepressure.co.uk/>

