

# *Please..KEEP ME SAFE*

My skin is intact, but I am unwell

So please make sure you move me well

Help me shift from the place I lie

To keep me from harm, making sure I am dry.

Keep me from harm, I ask indeed

Because I do not want my skin to bleed.

So please make sure I am moved enough

From side to side and on my back,

Off -load my heels and document what you have seen

Not forgetting to note all the places, I have been.

Inform everyone about my story

As I am too unwell to say, 'I am poorly'

So please I beg... ensure you move me.

Thank you so much for keeping me safe,

Protecting the NHS from another case.

By Julie Taylor (TVN POWH) CTM 2020