

WHAT TO DO

If you think you are at risk, **inform** your GP or nurse. Discuss your concerns with family / carers



Check your skin for areas of changed colour, especially bony areas contacting surfaces. A mirror or camera may help



Move regularly. If you are unable to make large movements, small frequent changes of position can be beneficial

“AVOID A SORE - MOVE A LITTLE MORE !”



Eat a **nutritious diet** and drink **plenty of fluids**



You may need **specialist equipment** designed to help reduce pressure, such as beds, cushions and mattresses



RISK FACTORS

You are at risk if you:

- ! are less able to **move** regularly
- ! are not able to **feel** pressure

The potential damage from pressure can happen more quickly if you:

- ! are **elderly**
- ! have **circulation problems**
- ! have **difficulty keeping skin dry**
- ! are **not eating and drinking** enough
- ! are **unwell**

INFORMATION RESOURCES

EPUAP quick reference - epuap.org/pressure-ulcer-resources

NICE guidance - NICE.org.uk/guidance/CG179

NHS Direct - nhs.uk/conditions/pressure-ulcers

Your Turn campaign - your-turn.org.uk

Stop the Pressure campaign - nhs.stopthepressure.co.uk

Age UK - ageuk.org.uk/ - 0800 169 2081

Alzheimer's Society - alzheimers.org.uk/ - 0300 222 11 22

Multiple Sclerosis Society - mssociety.org.uk/ - 0808 800 8000

Spinal Injuries Association - spinal.co.uk/ - 01908 604 191

Stroke Association - stroke.org.uk/ - 0303 3033 100

PUPIS - www.abm.wales.nhs.uk/reu / abm.pupis@wales.nhs.uk

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PRESSURE ULCERS / PRESSURE SORES / BED SORES /

...am I or anyone I know at risk?

This leaflet has been produced for the public to promote awareness of pressure ulcers



GIG
CYMRU
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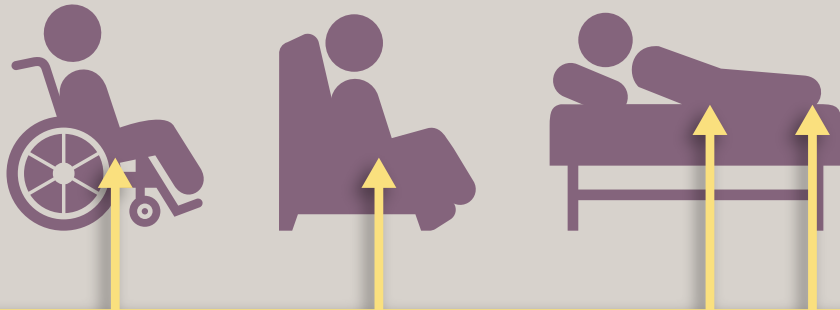
Bwrdd Iechyd Prifysgol
Abertawe Bro Morgannwg
University Health Board

WHAT ARE THEY?

A PRESSURE ULCER is damage to the skin and the underlying tissue caused by pressure, usually over a bony area.

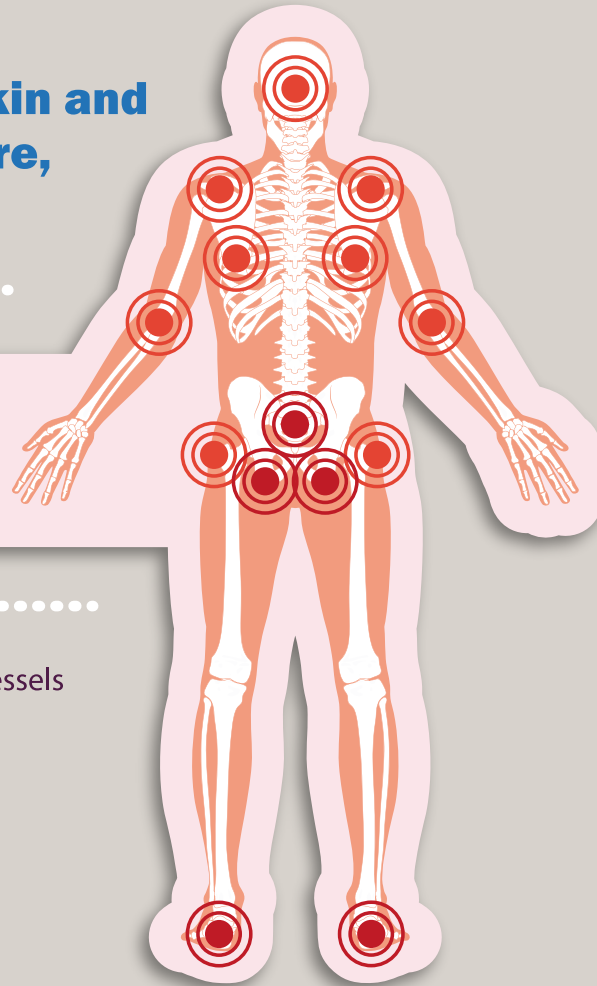
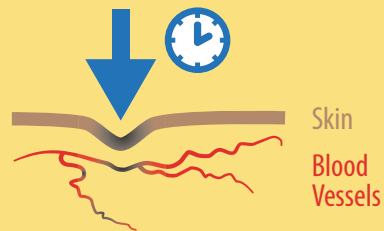
They **most commonly develop** on the heels, base of the spine and buttocks. Other sites include side of the hips, elbows, upper back, shoulders, back of the head and ears.

When we sit or lie, pressure is experienced as the blood vessels squash under the bone, stopping oxygen and nutrients from feeding the tissues.



Damage can occur from a normal level of pressure over a long period of time. Damage can also occur from a high level of pressure over a short period of time.

Skin or tissue may die

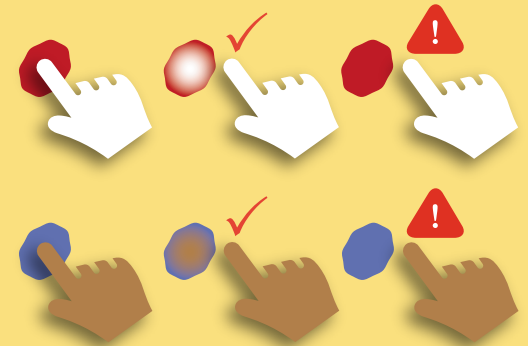


SYMPTOMS INCLUDE:

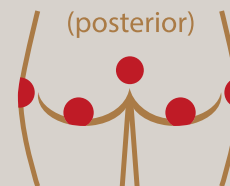
- **Red patch** on light skin or **blue / purple patch** on dark skin over a bony landmark

THE SKIN TEST:

Press a finger on a discoloured **area of skin**, then release. If the skin remains discoloured after the finger is released, damage may have occurred. This may soon worsen if the cause is not removed or reduced.



- **pain or discomfort** (burning / stinging) over bony areas
- **blisters**
- **broken skin**
- **swollen** areas



...SEEING RED (OR PURPLE OR BLUE)? - contact a healthcare professional for advice on treatment, skin care and support to **reduce your pressure risk**