

NHS Forth Valley

Patient Appointments/Cancellations

If you have an enquiry about an appointment or would like to cancel it, please call 01324 566249 or email: FV-UHB.RTT@nhs.net

If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

We are happy to consider requests for this publication in other languages or formats such as large print. Please call 01324 590886 (24hrs), fax 01324 590867 or email FV-UHB.disabilitydepartment@nhs.net

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This includes corridors, doorways, car parks and any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.



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Pressure Area Care

Information for Patients/Carers



This information leaflet is to help you understand pressure ulcers (formerly known as bedsores) – how they occur and how they can be prevented.

Pressure Area Care

If you have to stay in bed or you spend long periods sitting in a wheelchair or armchair you may be at risk of developing pressure damage to an area of skin – usually over a pressure site (see picture opposite). A pressure ulcer can develop in only a few hours and you may be offered a pressure relieving mattress or cushion such as the repose support cushion/mattress for the bed or chair. This can help reduce pressure to the common pressure sites of the body.

What can you do to help? – on the chair

If possible try to take the weight off any vulnerable areas every 15 minutes or so by leaning forward and pushing up on the arms of the chair or you could roll buttocks from side to side for short spells.

Whilst in bed

If possible try to change your position at least every 2 hours, alternating between your back and both sides. Your nurse/s may need to help you do this properly so that you do not drag your skin along the sheets as this can contribute to developing pressure ulcers.

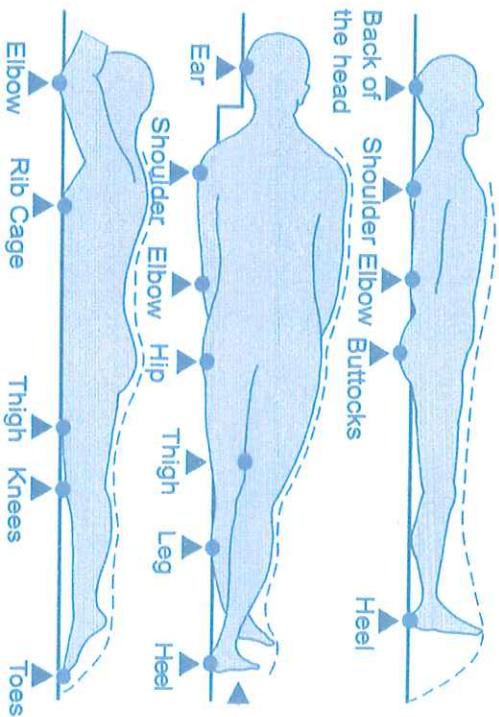
Pillows can be useful to stop your knees and ankles touching each other, especially when you are lying on your sides.

If your condition permits, the best way to avoid getting a pressure ulcer is to get out of your bed or chair for a short walk during the day.

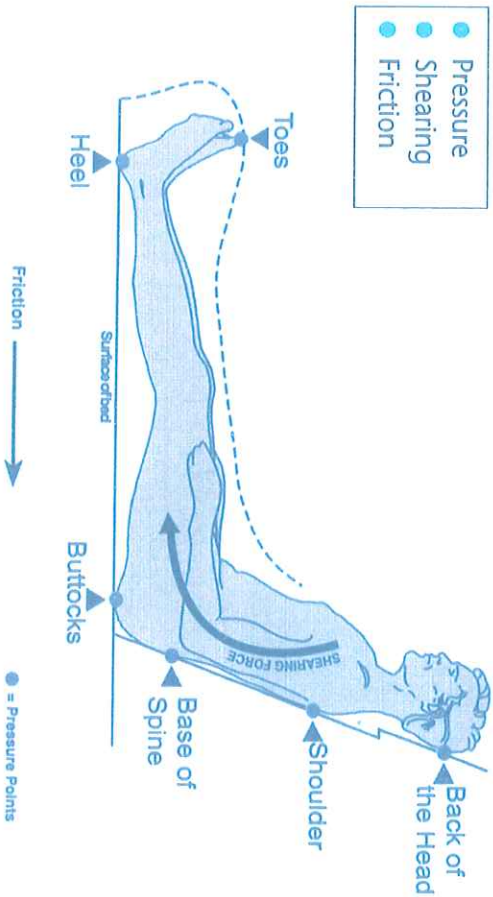
Diet and Fluids

Poor diet and lack of fluids may affect your overall health – eat a well balanced diet and drink plenty of fluids.

Common sites for pressure ulcers



Main ways that pressure ulcers arise



As you may have observed, most pressure ulcers occur over a bony prominence.

Kind permission has been granted to use this diagram by the Tissue Viability Society.