

Useful Links

NHSGGC - Prevention of Pressure Ulcers (youtube.com)

<https://www.youtube.com/watch?v=1mJW9WeppQ0>



NHSF - Top to Toe Inspection: Head to toe skin inspection - Right Decisions (youtube.com)

<https://www.youtube.com/watch?v=zUs93xdBKxU>



NHSH - How to Prevent Pressure Ulcers BSL (youtube.com)

<https://www.youtube.com/watch?v=x13H3HDEQh4>



This booklet has been designed and revised by members of the National Association of Tissue Viability Nurses Scotland. If printing please ensure it is printed in colour to ensure accuracy.

If you would like this document translated or in large print, Braille or audio format, please contact your Primary Care Provider.

Review Date: June 2028



Information Guide to Preventing and Managing Pressure Ulcers

WARNING: There are graphic images within this leaflet

Contents

	Page
What is a Pressure Ulcer?.....	3
Risk Factors.....	5
CPR for Feet.....	6
Areas of the Body at Risk from Pressure Ulcers.....	7
Areas at Risk when Sitting on a Chair or Wheelchair.....	7
Pressure Relieving Equipment.....	8
Moisture Management.....	9
Hydration and Nutrition.....	9
Early Detection Means Early Prevention.....	9
Your Healthcare Professional Contacts.....	11
Useful Links.....	12

Your Healthcare Professional Contacts

Nurse:

.....

Occupational Therapist:

.....

Dietician:

.....

Physiotherapist:

.....

Podiatrist:

.....

Doctor (GP):

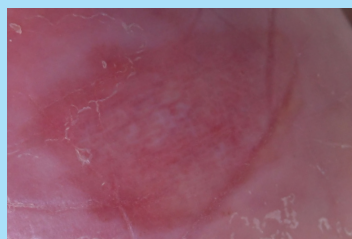
.....

Early Detection Means Early Prevention

Grade 1: ACT NOW!

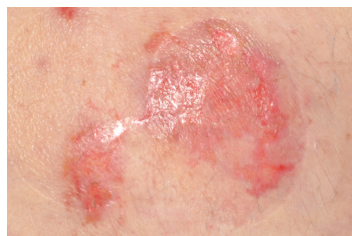
Early signs of pressure damage could be:

- redness or in darkly pigmented skin, colour changes, maroon, purple, or darker than surrounding skin
- hot/cold
- spongy/hard
- painful/tender



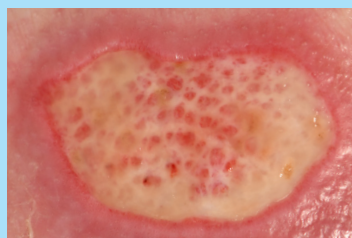
Grade 2:

If missed or no action is taken immediately, the result could be broken or weeping skin which could be a possible route for infection.



Grade 3:

If no action is taken further damage can occur within hours and can lead to a risk of you experiencing pain, distress, feeling unwell, possible infection.



Grade 4:

Extreme deterioration, increased risk of sepsis and in some cases death.



Healed Pressure Ulcer

Healed pressure ulcers are vulnerable areas that can break down easily. Check all areas daily for colour changes, and keep your skin hydrated with use of a moisturiser. Any concerns please contact your Healthcare Professional.



What is a Pressure Ulcer?

This leaflet gives you information on how you can help prevent and recognise pressure damage. If you are unsure about anything in this leaflet or have any questions, please speak to a Healthcare Professional (your contact list on page 10).

Pressure ulcers (also called pressure sores or bed sores) are areas of skin damage that occur due to pressure and friction.

These mainly develop over bony areas, but can also occur as a result of lying for too long or pressure from medical devices (for example oxygen masks, tubing and catheters).

Pressure ulcers can reduce quality of life and may cause pain. They may result in an admission to hospital or extend the time you spend in hospital. In extreme cases they may be life threatening.

Here is a powerful patient story on their experience with pressure damage

Pressure ulcers from the patients perspective:

Diane's story (youtube.com)
www.youtube.com/watch?v=aMI7fTdoM5Y

Or scan the QR code

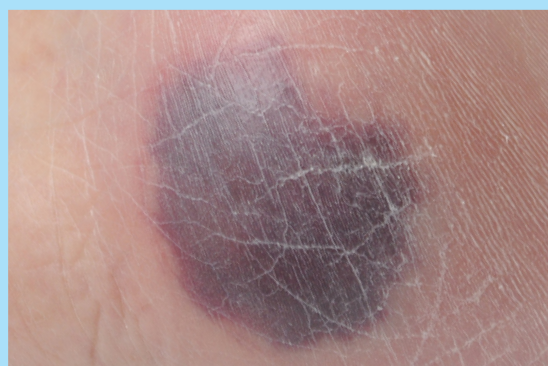


If advice is followed and support is sought from healthcare professionals the majority of pressure ulcers may be avoided.

What is a Pressure Ulcer?



Early signs of pressure damage could be redness or in darkly pigmented skin, colour changes, maroon, purple, or darker than surrounding skin.



Red, purple or blue areas on the skin that do not go pale, on light finger pressure.



Blisters or broken skin.

Moisture Management

Excessive moisture can contribute to pressure damage.

If continence is a problem, please ask a Healthcare professional for help and advice. You may need to be referred to a specialist service. The use of bed/procedure/puppy pads or washable bed pads is not recommended as they are not absorbent and risk causing pressure and moisture associated skin damage.



Hydration and Nutrition

Please ensure you keep yourself hydrated and have a well balanced diet as this will contribute to good skin care.

Early Detection Means Early Prevention

Remember to check:

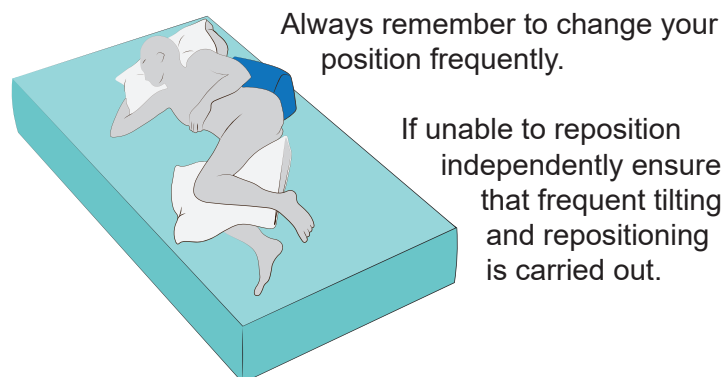
- Skin daily, when changing position, during personal care or toileting
- a mirror or phone camera may help you see difficult areas
- check under devices e.g. catheters, oxygen tubing, feeding tubes
- if unable to check yourself ask a care giver.

Pressure Relieving Equipment

If you notice signs of pressure damage or think you are at risk contact a healthcare professional, who will be able to advise and help you with pressure relieving equipment and care planning. Below are some examples of pressure relieving/offloading foot protectors, cushions and mattresses.



For advice on how to reposition people who are unable to independently please contact a health professional for assistance.



Risk Factors

Anyone at any age can get a pressure ulcer but you are more at risk if you:

- Having problems moving or changing position without help
- Have had pressure damage in the past
- Have reduced mobility
- Cannot feel pain or have reduced sensation
- Are seriously ill or undergoing surgery
- Have conditions such as diabetes, stroke, peripheral vascular disease and neurological disorders
- Have a poor dietary and fluid intake
- Are very young or elderly
- Have continence problems
- Are injured and/or in pain
- Are overweight (poor circulation to the skin) or too thin (no protective padding over the bones)
- Are a smoker
- Are receiving end of life care
- Have problems with memory and understanding.

CPR for Feet

C	Check	Heels, Toes, Soles of Feet
P	Protect	Use a protector (a healthcare professional can assist you with arranging this)
R	Refer	To Podiatry

Watch the video for more information

CPR for Feet - NHS Grampian (youtube.com)

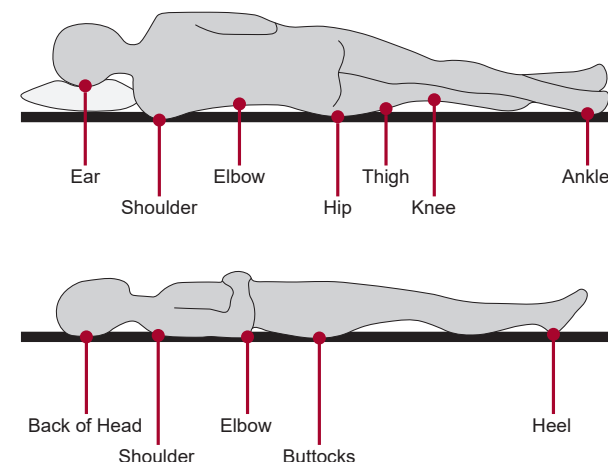
https://www.youtube.com/watch?v=4YTuzuC_A1s

Or scan the QR code

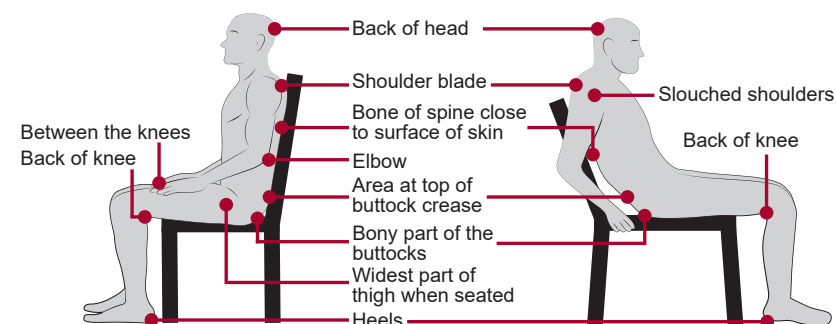


Areas of the Body at Risk from Pressure Ulcers

The diagram below shows the most common areas where a pressure ulcer can develop. These areas are at risk while you are in contact with a surface.



Areas at Risk When Sitting on a Chair or Wheelchair



Make sure you change position regularly