

Pressure Ulcers: A factsheet for you and the people you care for

Did you know that **anyone** can get a pressure ulcer (or a bed sore)?

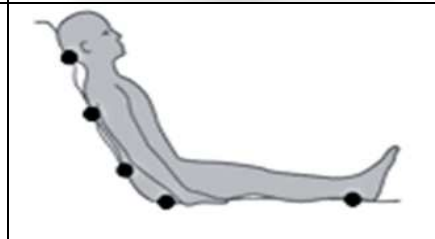


.....and they can happen any time and very quickly.....



If skin is red/ purple, blistered, Painful or open → Speak to the GP or nurse as soon as you can

You can get them on your body at these places where your body is most bony or even on your nose or your ears where the skin is thin.



Or you might find your skin **feels different** or looks **darker**.



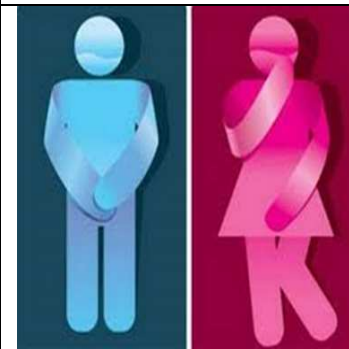
To prevent this you can



Keeping moving!

Walk, move, exercise - little but often. Keep standing, Keep dancing! ☺

Sitting for a long time? Don't forget to **change your position from time to time**. Maybe you need to speak to your GP or nurse about getting a **special cushion or mattress**.



If you are having problems / accidents with your bladder and/or bowel, speak to your GP or nurse. Urine and stools can irritate your skin and cause soreness.

Don't be embarrassed to speak about it!

Keep your skin clean and dry.
Use transparent skin creams.
Ask your GP or nurse for advice.

Enjoy your food!
Drink plenty of water and make sure you have a healthy and balanced diet! Don't forget vegetables and fruits.

A healthy diet means healthy skin



Would you like some more information?

You can download the free app for smart phones and ipads: just search 'PU Info'

Or visit our website at Whittington Health for Tissue Viability at <https://www.whittington.nhs.uk/>

Or visit the following websites

- NICE website:

<https://www.nice.org.uk/guidance/cg179/ifp/chapter/About-this-information>

-EPUAP website: <http://www.epuap.org/guidelines/>

Or Speak to your GP, practice nurse or district nurse

**Pressure Ulcers:
A factsheet for you**

Patient advice and liaison service (PALS)
If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

Whittington Health
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070

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