Whittington Health **NHS**

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 at these places

where your body is most bony

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



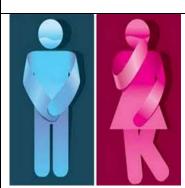
Keeping moving!

but often. Keep standing, Keep

dancing! ©

Walk, move, exercise - little

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!

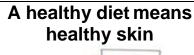
Keep your skin clean and dry.

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.







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 http://whittnet.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

STOP THE PRESSURE

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.

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