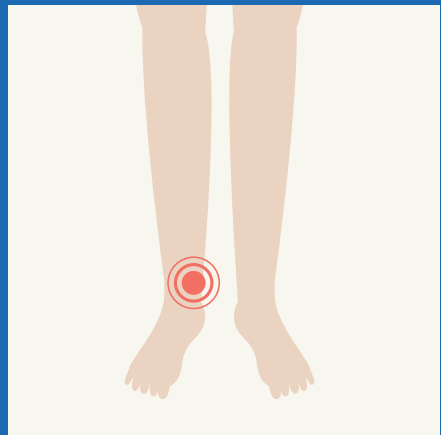
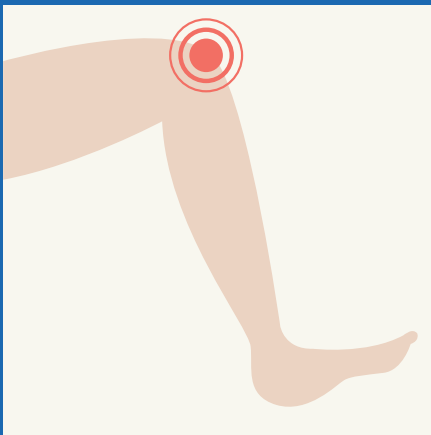
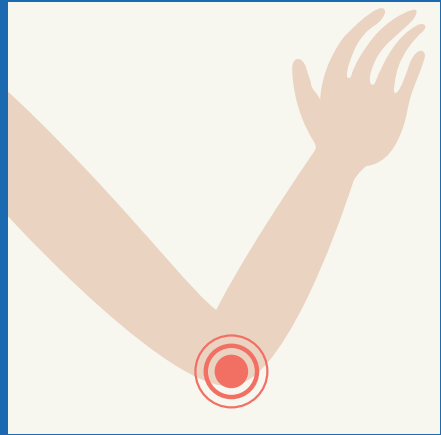
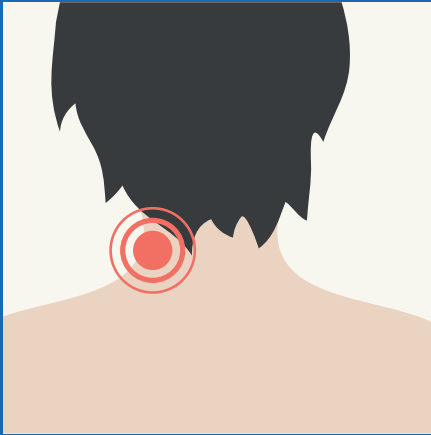


Prevention of Pressure Ulcers



What is a pressure ulcer?

A pressure ulcer is damage that affects areas of the skin and what's underneath. They happen where the bone underneath is close to the skin and in a person with reduced mobility. They are also referred to as 'bedsores', or 'pressure sores'.

Pressure ulcers may cause the skin to break. It can be painful and can lead to a longer hospital stay. They may become infected leading to blood poisoning or bone infections and in rare cases can be life-threatening.

Are you at risk of developing a pressure ulcer?

You may be at risk of developing a pressure ulcer if:

- you are not moving as much as you used to
- you are not eating as much as you used to
- you have an area of sore skin in particular on your bottom or heels
- you think there's a problem with your cushion / mattress
- you are sleeping in your chair rather than your bed
- you are having problems reaching the toilet on time
- you have reduced feeling in your feet
- you have had a pressure ulcer before
- you have a hospital machine like a breathing tube

Common sites for pressure ulcers to develop:

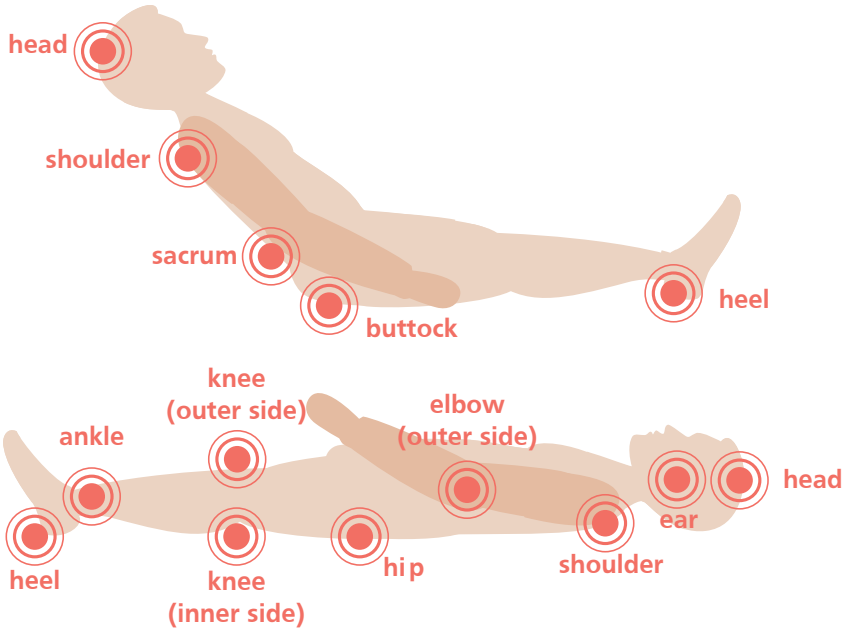
Pressure ulcers most commonly develop where the bone is close to the skin. However they can also occur if something like a tube from a breathing machine presses on your skin. If you have something like oxygen tubing, it is important that you inform us if it causes you any pain or discomfort.

Examples:

- Oxygen masks
- Tubing

- Tubes to take your urine (wee) out of your body
- Plaster casts & splints
- Tight socks used to stop you getting blood clots

What is a pressure ulcer?



Why do pressure ulcers develop?

- Pressure ulcers can develop due to a number of reasons including:
- pressure: when oxygen and blood cannot get to the skin properly and it begins to die.
 - shear: this may occur when skin rubs against bed sheets or other surfaces, for example when a patient slips down the bed.
 - friction: two surfaces moving across each other which can cause shallow damage. If this happens a lot, there is a bigger risk of pressure ulcers.
 - moisture: if the skin is very wet it will soften, swell, and become wrinkled. If this occurs, then it is more likely that a pressure ulcer will happen.

What will the healthcare team do to reduce your risk of developing a pressure ulcer?

A pressure ulcer prevention risk assessment will be carried out to identify your level of risk. All of your skin will also be looked at by the Nurse. If the health care team identify you to be 'at risk' of developing a pressure ulcer, they will discuss this with you and start a plan of care to try and stop it from happening.

This plan may include:

- regular skin inspections
- regular repositioning
- looking at help you may need with using the toilet
- use of specialist equipment eg. air mattresses and cushions
- referral to specialist health care professionals if required e.g. Dietitians , Tissue Viability Specialist Nurse, Occupational Therapist or Physiotherapist

If your condition changes, your risk of developing a pressure ulcer will be reassessed and the care plan to prevent pressure ulcers happening may be changed.

What can you do to help reduce your risk of developing a pressure ulcer?

Know your skin: Remember to tell your healthcare professional if you notice any- thing unusual.

For example:

- your skin is painful
- you notice any changes to skin colour eg red, purplish or bluish patches
- swelling over bony areas
- blisters or broken skin
- shiny areas
- dry or cracked skin

Keep moving:

- Try and change your position as much as possible. Include leaning and turning side to side when in bed. Please ask staff to help if you have difficulty changing position on your own.
- Avoid sitting for a long time without moving (over 1 hour)
- Make sure shoes, slippers, socks and stockings are not too tight as this will affect the blood flow and may cause a pressure ulcer to happen.
- Inform your health care professional if you use any pressure relieving equipment in your home

Eat well:

- Eating and drinking well helps to prevent pressure ulcers.
- Try to eat a healthy diet with lots of different foods
- Consider eating small meals and eating often if you cannot manage a full meal
- Ask your health care professional if you would like snacks in between meals or you have any specific dietary needs

FAQS

Do I have to consent to a nurse looking at my my skin?

No, as long as you are able to make your own decisions you have the right to say “no” to this. However, you should be told of the risks of pressure damage and what happens if a pressure ulcer gets worse in order for you to make the right decision about your care. Please ask your nurse if you aren’t quite sure.

Will my family be told if I develop a pressure ulcer?

If there are no worries during hospital admission with your ability to make your own decisions, then it is your decision whether or not your family is made aware. The nursing staff will not tell them without you saying it is ok. However, should you become unwell and unable to say yes or no, the nursing staff will inform your next of kin that a pressure ulcer has developed.

Will I be repositioned over night? How will I get any sleep?

Your nurse will discuss with you your needs for overnight repositioning. The National Institute for Health and Care Excellence (NICE) guidelines advise high risk patients to be repositioned at least every 4 hours. However, if you would prefer not to be disturbed during the night, this is your decision as long as you are aware of the potential risk of further pressure damage by not repositioning. The exception may be if you are suffering from any problems with getting to the toilet on time as nursing staff will not want you to be lying in a wet or dirty bed. Those without the ability to make their own decisions will be repositioned according to requirement following risk assessment.

What will happen if I develop a pressure ulcer?

We hope this doesn't occur. However, any pressure ulcer that happens in the Trust will be investigated. Depending on how bad the pressure ulcer is, it may require a more thorough investigation. Following this, you will be able to find out what the investigation has discovered. A plan of nursing care will be put in place to prevent any further damage occurring to you during your stay in hospital.

Who to contact if you would like any further information about pressure ulcer prevention:

Inpatient Service (whilst in hospital):

Shrewsbury & Telford Hospital NHS Trust Tissue Viability Service on: 01743 261000 EXT: 3995

Outpatient Service (whilst outside hospital):

Shropshire Community Health NHS Trust Tissue Viability Service on: 01952 670925

North Powys Tissue Viability Service: 01686 617229 or 07900 160817.

Mid Powys Tissue Viability Service: 07891 452264

South Powys Tissue Viability Service: 07837 652588

Notes

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Feedback

We appreciate and encourage feedback which can be shared in a number of ways through the hospital website.

Website: <https://www.sath.nhs.uk/patients-visitors/feedback/>

Further information is available from:

Patient Advice and Liaison Service (PALS)

We act on your behalf when handling patient and family concerns, liaising with staff, managers and where appropriate, relevant organisations to negotiate immediate or prompt solutions. We can also help you get support from other local or national agencies.

Royal Shrewsbury Hospital, Tel: 0800 783 0057 or 01743 261691

Princess Royal Hospital, Tel: 01952 282888

Other Sources of Information

NHS 111

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

Telephone: 111 (free from a landline or mobile)

Website: www.nhs.uk

www.stopthepressure.co.uk

www.nhs.uk/conditions/pressure-sores



Scan to
leave feedback

Patient UK

Provides leaflets on health and disease translated into 11 other languages as well as links to national support/self-help groups and a directory of UK health websites. Website: www.patient.info

Self Help & Support Groups

A selection of websites providing access to good quality health information, local organisations and community groups is available from the library. Website: www.library.sath.nhs.uk/find/patients/

Information in Other Languages or Formats

If you require this information in a different way such as easy read, a different language, larger print, audio or braille please tell a member of staff or contact the Patient Experience Team; sath.patientexperience@nhs.net or 01743 261000 ext. 2503.

Website: www.sath.nhs.uk

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