

Move move move!

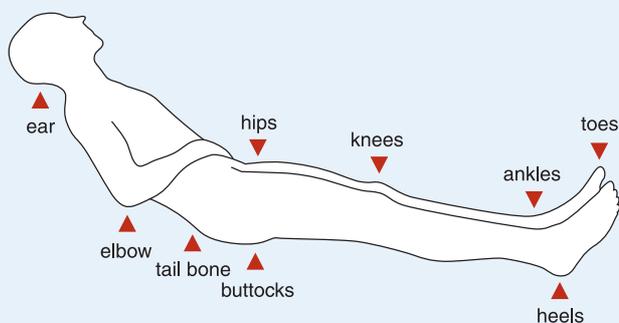
Preventing Pressure Ulcers

What is a pressure ulcer?

- A pressure ulcer (also known as a pressure sore or bed sore) is an area of skin that has been damaged due to unrelieved pressure.
- Pressure ulcers may look minor, such as redness on the skin, but they can hide more damage under the skin surface.

Where are they found on the body?

- Pressure ulcers usually occur over bony areas – especially heels, buttocks and toes.



Who gets pressure ulcers?

- Anyone confined to bed or a chair, who is unable to move, has loss of sensation, loss of bowel or bladder control, poor nutrition or is unwell is at risk of getting a pressure ulcer.

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Website: www.health.vic.gov.au/qualitycouncil

What can you do?

✓ Move, move, move

- The best thing you can do is **relieve the pressure** by keeping active, and **changing your position frequently**, whether you are lying in bed or sitting in a chair.
- If you are unable to move yourself, the staff will help to change your position regularly.
- **Special equipment** such as air mattresses, cushions and booties may be used to reduce the pressure in particular places.

✓ Look after your skin

- **Keep your skin and bedding dry.** Let staff know if your clothes or bedding are damp.
- Tell staff if you have any **tenderness or soreness over a bony area** or if you notice any **reddened, blistered or broken skin.**
- **Avoid massaging** your skin over bony parts of the body.
- Use a mild soap and moisturise dry skin.

✓ Eat a balanced diet

Want to know more?

- Ask your nurse or healthcare professional.