

## Do you want to know more?

- Ask your nurse or health professional.

# PREVENTING PRESSURE INJURIES

Information for  
patients and  
carers

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A pressure injury is an area of skin that is red, broken or blistered that can develop on a bony part of the body because of pressure, friction and/or moisture.

Pressure injuries may develop on bony parts of the body such as heels, hips, the bottom and/or elbows.

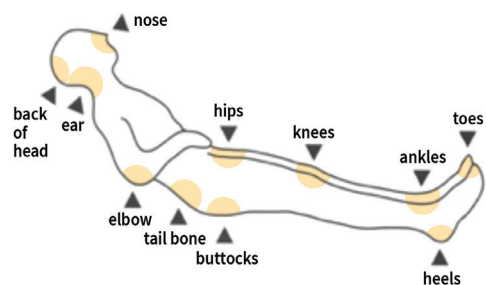
They may also develop under medical devices such as splints, braces, catheters and drains.

Pressure injuries can be small grazes or deeper wounds that may need to be covered with a bandage or dressing.

## Am I at risk of pressure injuries?

You may be at risk of pressure injuries if you have one or more of the following. You:

- are unwell
- are confined to a bed or chair
- are elderly or very young
- are unable to walk
- are having an operation or long procedure
- have loss of feeling or poor circulation especially in your feet and heels
- have problems with your nutrition
- have moist skin from sweating a lot or from problems with your bladder or bowel.



## How do I reduce my risk of pressure injuries?

### Stay active

- Pressure injuries can happen quickly if you lie or sit in the same position for too long
- If you are confined to bed or chair and unable to move, staff or your carer can help you change your position
- You can help by turning from side to side in your bed or going for short walks
- Avoid sliding or dragging yourself across any surface such as the bed as this can cause rubbing and skin damage
- Exercise as much as you comfortably can.

### Skin care

- Check your skin daily
- Keep your skin clean and dry
- You may need to clean your skin often if you sweat a lot or have problems with your bladder or bowel
- Use a skin friendly cleanser and a moisturiser
- Tell us about any discomfort.

### Nutrition

- Eat a balanced diet that includes fruit, vegetables, meat, chicken, fish, rice and grains
- You may need to take a vitamin and/or start having nutritional drinks
- Have plenty to drink unless we tell you not to
- Stop smoking (if you would like help to quit smoking you can phone the Quitline on 13 78 48).

### In your home

- You may need follow up care from a community nurse or health professional
- You may need a special mattress, bed and cushion.