

## What are the risk factors?

- Advanced age
- Impaired nutritional status (including not eating or drinking enough)
- Decreased ability or inability to move independently
- Loss of ability to change and control body position
- Moisture, including loss of bowel or bladder control
- Confusion or a change in mental status
- Certain medications and use of various medical devices
- Decreased sensation or ability to feel
- Certain illnesses such as diabetes and circulatory diseases
- A previous pressure ulcer
- Obesity



Any questions or concerns, let the medical staff know

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# Preventing pressure ulcers

A guide for patients and their families





## What to look for?

- Red/purple/blue skin
- Blister
- Swelling
- Dry patches
- Shiny areas
- Warm or cool areas


## What is a pressure injury?

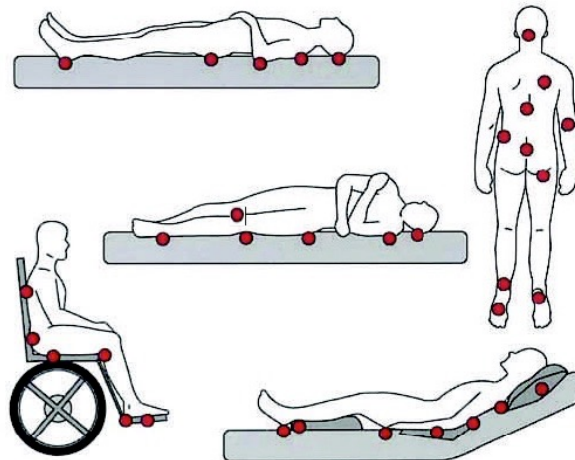
A pressure injury (or pressure ulcer, pressure sore, or bed sore) are caused by unrelieved pressure and/or shear force on any part of the body.

## Can pressure ulcers be prevented?

While not all pressure ulcers can be prevented, many can. By assessing what puts you at risk for pressure ulcers, your care team is able to determine the best possible prevention plan for you!

## Where to look?

 Red circles are pressure points that need extra protection



## What can you do to prevent?

### Keep skin clean and well-lubricated; manage excessive moisture:

- Use a mild cleanser for bathing and pat skin dry.
- Bath water should be warm but not hot.
- Do not massage (rub) bony areas (such as the hips and elbows.)

### Ensure adequate nutrition:

- Fluids, protein and calories are important for maintaining healthy skin.
- Ask a health care provider to help determine the right diet for you.

### Change positions:

- In bed: every two hours.
  - In a chair: at least every hour.
- If able to move independently:
- Shift position every 15 minutes while sitting.

