

- Keep your skin clean and dry, use a “skin-friendly” cleanser and moisturiser if appropriate.
- Be aware of the risk of a pressure injury under plaster, splints or braces, and around tubes, masks or drains.
- Staff may provide you with preventative dressings for your buttock region and heels when at risk.
- Specialised pressure-relieving equipment such as cushions and mattresses are available in hospital.

Managing a pressure injury

If you get a pressure injury:

- Staff will discuss how best to manage your pressure injury with you and your care giver. This may be called a “care plan”.
- Use the prescribed equipment recommended at all times.
- Move frequently (where possible) to relieve pressure.



Heading Home

When you go home from hospital with a pressure injury:

- Continue the care plan at home.
- Staff will organise ongoing care, which may include your GP &/ or community nursing.
- Staff will advise you on how to obtain specialised equipment.



Consumer Endorsed
Patient Information Publication

If you would like any further information,
please call Calvary John James Hospital on:
6229 2150 or 6281 8113.

Hospitality | Healing | Stewardship | Respect

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Preventing Pressure Injury in Hospital and at Home



Calvary

John James Hospital

Continuing the Mission of the Sisters of the Little Company of Mary

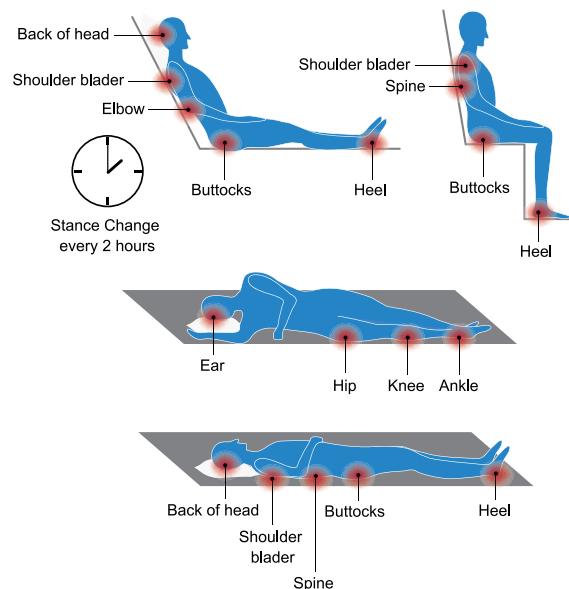
Pressure injury

A pressure injury, also referred to as a pressure ulcer or bed sore, is an injury to the skin caused by unrelieved pressure and may occur when you are unable to move due to illness, injury, or surgery.

Pressure injuries can happen quickly, from lying or sitting in the same position for too long. They can be painful, take a long time to heal, and may lead to other complications.

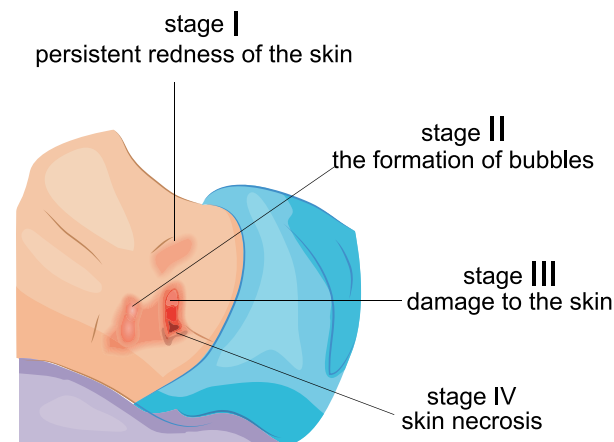
Pressure injuries may develop under plaster, splints or braces, and around medical equipment such as tubes, mask or drains.

The diagrams below show the areas of the body at risk of pressure injury when lying and sitting.



Any person of any age may be at risk. Factors that may increase the risk of developing a pressure injury include:

- General poor health or weakness
- Limited mobility
- Poor nutrition
- Weight loss or weight gain
- Lack of sensory perception e.g. diabetes, spinal cord injury, multiple sclerosis
- Urinary and faecal incontinence
- Excess moisture or dryness of skin
- Past history of pressure injury



Signs of pressure injury

- Red/purple/blue skin
- Blistering
- Swelling
- Dry patches
- Shiny areas on the skin
- Warm or cool areas
- Pain/tenderness

Reducing the risk of pressure injury

Patients, family, care givers and staff can all help to reduce the risk of a pressure injury.

- Staff will assess your level of risk of developing a pressure injury.
- If you are able to move yourself, involve your carers by asking them to remind you to change your position regularly. If you are unable to move yourself, staff will help you change your position frequently.
- Let staff know if your clothes or bedding are damp. Ask for help if you have a weak bladder or bowel.
- Let staff know if you are experiencing any warning signs. (Check over page).
- Drink fluids regularly, unless you are on a fluid restriction diet. You may be offered nutritional supplements if you are under weight, have recently lost weight, or have been eating poorly.