

Take an
active part in
your care:

Move
Move
Move!



Developed in consultation with our patients

Referenced and acknowledged by:

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**ST VINCENT'S
HEALTH AUSTRALIA**

UNDER THE STEWARDSHIP OF MARY AIKENHEAD MINISTRIES



Pressure Injury Prevention

Together we can prevent
Pressure Injuries



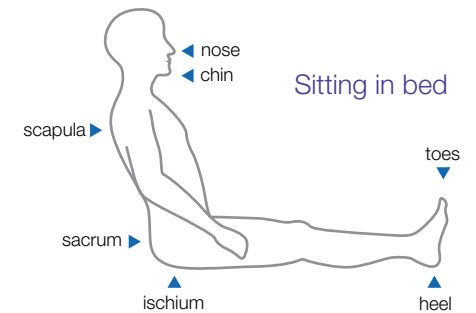
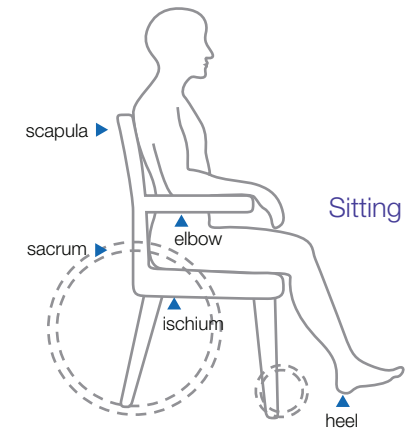
**ST VINCENT'S
PRIVATE HOSPITAL
MELBOURNE**

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA



To prevent pressure injuries you can:

- Keep skin clean and dry.
- Moisturise dry skin.
- Eat a well balanced diet.
- Drink plenty of fluids.
- Look for red areas where pressure injuries often form (refer to the diagram).
- Report any sore areas.
- Be as active as possible.
- Change your position every 1–2 hours in a bed, more often in a chair.
- Try to find comfortable positions that also avoid putting pressure on red or sore spots.
- Use an air mattress, pillows to protect bony parts.
- Avoid donut-shaped pillows.



What is a Pressure Injury?

- It is often called a “pressure ulcer” or “bed sore”.
- It is caused by unrelieved pressure resulting in damage of the skin and underlying tissue.

You are at risk if:

- You do not move.
- You stay in a bed or chair most of the time.
- You lose bladder or bowel control.
- You do not eat a balanced diet or drink enough fluids.
- You are overweight or underweight.
- You have thin, dry or fragile skin.
- You need help getting from the bed to a chair or the toilet.
- You are confused or restless.
- You take steroids.
- You have diabetes.
- You have numbness or spinal injury.

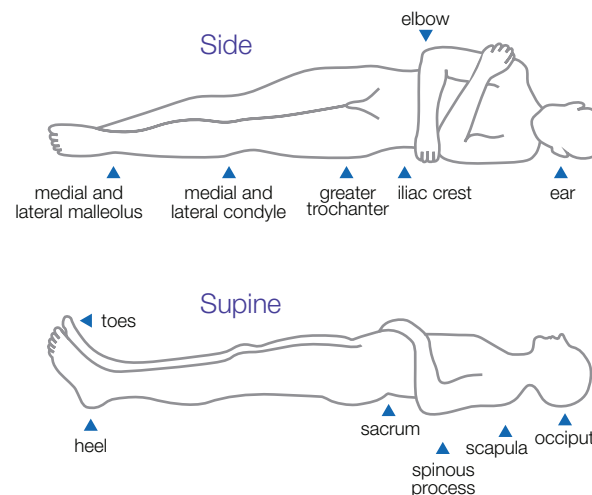
Where do pressure injuries occur?

Pressure injuries can show up over bony areas including:

Buttocks

Heels

Toes



Together we will help prevent pressure injuries by:

- Inspecting your skin everyday for redness or signs that sores may be forming.
- Keeping your skin clean and dry.
- Moisturising dry skin.
- Reminding you to move and increase your activity.
- Changing your position in bed or chair every 1–2 hours if you are not able to move yourself without help.
- Protecting your bony areas.
- Keeping your heels off the bed surface
- Keeping the head of your bed as low as possible to prevent you from sliding down in bed.
- Helping you to get from the bed to the chair or toilet.
- Ensuring you have a well balanced diet and adequate fluids.
- Informing your doctor if signs of skin breakdown are noticed.