

Patients, families and carers are encouraged to be involved in discussions and decisions about the prevention and management of pressure injuries. Let staff know if you notice any warning signs or if you have any questions or concerns.

ANYONE! ANYTIME! ANY PLACE!

## Do you need an INTERPRETER?

The hospital provides a free, confidential interpreting service. Please ask your doctor or nurse to organise one for you.

**HA BISOGNO DI UN INTERPRETE?** L'ospedale offre un servizio interpreti gratuito e confidenziale. Chieda al Suo medico o alla Sua infermiera di organizzarLe un interprete

**¿NECESITA UN INTÉRPRETE?** El hospital le ofrece un servicio de intérpretes gratuito y confidencial. Por favor, solicite a su médico o enfermera que lo organice.

**ΧΡΕΙΑΖΕΣΤΕ ΔΙΕΡΜΗΝΕΑ?** Το νοσοκομείο παρέχει δωρεάν, εμπιστευτική υπηρεσία διερμηνείας. Παρακαλείστε να ζητήτε από το γιατρό ή νοσοκόμο σας να κανονίζει διερμηνέα για σας.

**TREBA LI VAM TUMAČ?** Bolnica pruža besplatnu i poverljivu službu tumača. Molimo vas, upitajte vašeg liječnika ili medicinsku sestru da vam to organiziraju.

**ДА ЛИ ВАМ ТРЕБА ПРЕВОДИЛАЦ?** Болница пружа бесплатне, поверљиве услуге преводилца. Замолите свог лекара или медицинску сестру да вам обезбеди преводилца.

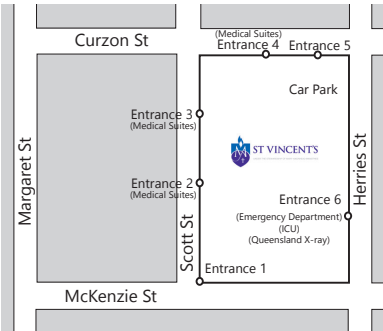
**QUÍ VỊ CẦN THÔNG NGÔN VIÊN KHÔNG?** Bệnh viện cung cấp dịch vụ thông ngôn miễn phí và kín đáo. Xin yêu cầu bác sĩ hay y tá sắp xếp thông ngôn viên cho quý vị.

您需要傳譯員嗎?  
本醫院提供免費而保密的傳譯服務。請要求您的醫生或護士為您安排傳譯員。

**TERCÜMANA İHTİYACINIZ VAR MI?** Hastanemiz ücretsiz ve gizlilik ilkesine bağlı tercümanlık hizmeti sunmaktadır. Doktorunuz veya hemşirenizden size bir tercüman temin etmelerini rica ediniz.

**MA U BAAHAN TAHAY TURJUMAAN?** Isbitaalku wuxuu bixiyaa adeeg turjumaan oo lacag la'aan ah, qarsoodina ah. Fadlan weydii dhaqtarkaaga ama kalkaaliyahaaga inay turjumaan kuu ballamiyaan.

هل أنت بحاجة إلى مترجم؟ تقدم المستشفى خدمة ترجمة مجانية وسرية. الرجاء الطلب من طبيبك أو الممرضة الترتيب لمترجم لك.



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This education tool was developed in partnership with SVPHT Consumers.

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# Pressure Injuries

## INFORMATION FOR PATIENTS AND CARERS



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## REFERENCES

National Pressure Ulcer Advisory Panel, European Pressure Ulcer Advisory Panel and Pan Pacific Pressure Injury Alliance. Prevention and Treatment of Pressure Ulcers: Clinical Practice Guideline. Emily Haesler (Ed.). Cambridge Media: Perth, Australia; 2014

Pressure Injury Prevention: Information for people at risk. Released November 2015, © Clinical Excellence Commission 2015.

Pressure Injury Prevention Keeping bedsore at bay! Information for patients, families and carers. Queensland Health. 2015

Preventing Pressure Ulcers – An information booklet for patients. The Victorian Quality Council, Safety and Quality in Health. 2004.

# What is a Pressure Injury?

A pressure injury is damage to the skin, or the tissue underneath the skin, caused by unrelieved and prolonged pressure or by friction. These injuries used to be termed “bedsores” or “pressure ulcers”. A pressure injury can occur when you are unable to move due to illness, injury or surgery. A pressure injury can develop at home or in hospital.

Pressure injuries can also develop from poorly fitted shoes, under plasters, splints or braces and around medical equipment such as tubes, masks or drains.

## Why is prevention important?

Pressure injuries can happen quickly so it is important to heed warning signs and act swiftly to prevent them occurring or becoming worse. Pressure injuries can be painful, take a long time to heal and may lead to other complications.

## Who is at an increased risk?

You have an increased risk of developing a pressure injury if you are:

- Elderly or very young.
- Immobile or unable to reposition yourself.
- Underweight, eating poorly or have experienced recent weight loss.
- Overweight.
- Incontinent (of bladder and/or bowel).
- Experiencing reduced sensation/feeling.
- In general poor health.
- Have excess moisture or dryness of skin.
- Have a past history of a pressure injury.

## Warning Signs of a Pressure Injury

What to look for:

- Redness or skin discolouration.
- Tenderness, pain or itching in affected areas.

- Blistering or broken skin.
- Dry patches of skin.
- Shiny areas of skin.
- Warm patches of skin.

## Reducing your risk of pressure injury

There are a number of simple things you can do to help reduce your risk of developing a pressure injury.

### MOVE FREQUENTLY TO RELIEVE PRESSURE

- Change your position frequently when in bed or sitting in a chair.
- Consult your health professional for advice on timing of position changes.
- If you are unable to move yourself, staff will help you to change your position regularly.

### LOOK AFTER YOUR SKIN

- Advise staff if you have any tenderness or soreness over a bony area or if you notice any reddened, blistered or broken skin.
- Keep your skin and bedding dry. Let staff know if your clothes or bedding are damp.
- Regularly change incontinence pads.
- Use a soap-free cleanser and moisturiser, if appropriate.
- Avoid massaging your skin over bony parts of the body.

### EAT A HEALTHY DIET AND DRINK FLUIDS REGULARLY (UNLESS YOU ARE ON A FLUID RESTRICTION)

You may benefit from nutritional supplements if you are underweight, have recently lost weight, or have been eating poorly. Speak to your doctor or nurse for more information.

### LOOK AFTER YOUR FEET.

Check for signs of pressure injury on your feet. If you have diabetes or reduced sensation, check your feet regularly. Wear comfortable, well-fitted shoes.

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

