

Pressure Ulcer Prevention Self-Care Plan

Team

Contact



**"Creating a great place to be cared
for and a great place to work"**



NHS
Number.....

This self-care plan has been designed to help you or your carer manage the day-to-day care of your skin and assist you in noticing and changes in your skin, which may have been caused by pressure.

The team in charge of your care will complete a series of risk assessments and, alongside you, develop a plan of care for pressure ulcer prevention.

What is a Pressure Ulcer?

A pressure ulcer, sometimes called a pressure sore or bed sore, is an area of damage to the skin and tissues under the skin, caused by pressure for a period of time. They can happen to to any part of the body.

Pressure Ulcer Prevention Self Care Plan

Following completion of your risk assessments, it is recommended:

Assessment: that your risk assessments are reassessed:

.....

Skin Inspection: that you will check your skin:.....

The team will check your skin:

Surfaces: that you use the following pressure ulcer prevention equipment:

While sitting:

While lying down:

If you are being cared for in your own home we will have shown you how to use and clean this equipment.

Keep Moving: you should keep moving at least hourly.

Incontinence and Moisture: you should keep your skin clean and dry.

Barrier cream:

Nutrition and Hydration: you eat a good balanced diet on a daily basis.
Drinks fluids and stay hydrated.

Give Information. If the equipment stops working or is faulty, you have agreed to contact the team on the front of this booklet who will be able to direct you to the person to fix or replace this for you if you are if your own home, or replace it for you if in hospital.

What can cause a pressure ulcer?

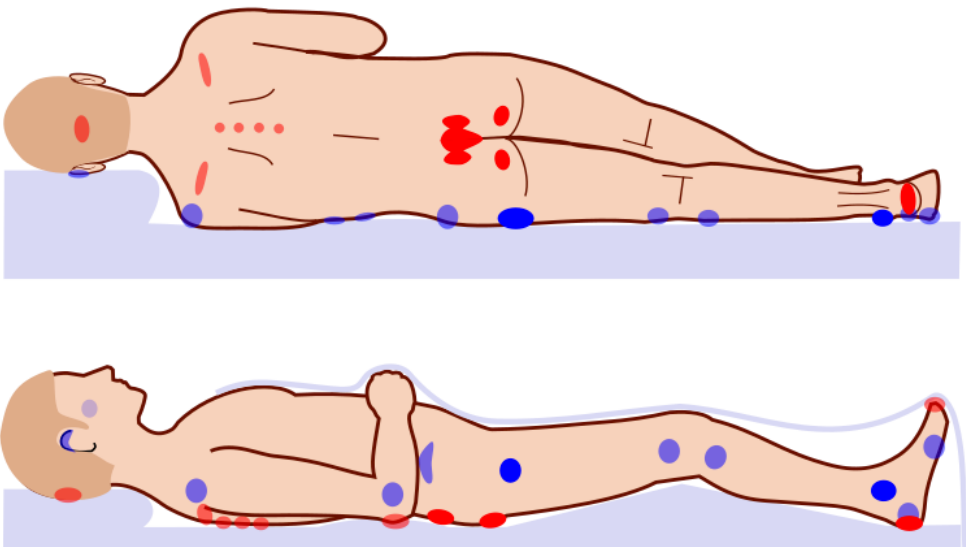
It is usually caused by sitting or lying in one position for too long without moving (unrelieved pressure) or by rubbing or dragging your skin across a surface (shear/friction).

A pressure ulcer can develop in only a few hours. It will usually start with the skin becoming slightly redder, warmer or darker than usual. This can go on to become blister-like or an open wound. Over a longer time period this can become larger and cause serious harm in extreme cases.

Vulnerable Areas

The **red** points highlight the areas most vulnerable to pressure damage when lying on your back.

The **blue** points highlight the area's most vulnerable to pressure damage when lying on your side.



Who is at risk of developing a pressure ulcer?

Any adult can be at risk. However, people at an increased risk of developing a pressure ulcer are those who:

- Have problems moving or walking.
- Are unable to change their own position.
- Cannot feel pain over part or all of their body.
- Have incontinence problems.
- Are ill.
- Have had pressure ulcers in the past.
- Have a poor diet.
- Do not drink enough.
- Age.
- Suffer with anaemia.
- Have poor circulation.

What might pressure ulcers look like?



Further information can be found at
<http://nhs.stopthepressure.co.uk/>

How can you protect yourself?

Following the advice below will help in ensuring skin safety:

Assessment

- Share care and allow risk assessments to be undertaken.

Skin Inspection

- Check your skin at least once a day; if you cannot check your skin ask your carer to do this for you.

Surfaces

- Use the equipment and products that have been recommended for you.

Keep Moving

- Stay mobile
- Change position regularly at least hourly.

Incontinence and Moisture

- Use barrier cream as directed.

Nutrition and Hydration

- Eat a good balanced diet on a daily basis.
- Drink fluids and stay hydrated.

Give Information

- Wash your skin using warm water.

Take Action: Tell the Team

Assessment

- If you are unable to check your skin ask a carer or family member to help you.

Skin Inspection

- Contact the team caring for you immediately if you have any pain, redness, swelling, or blisters.

Surfaces

- If equipment is not working or is faulty contact the team caring for you, who will direct you to the person able to fix or replace it for you if you are in your own home or replace it for you if you are in hospital.

Keep Moving

- If you are struggling to mobilise, or change position regularly (at least hourly.)

Incontinence & Moisture

- If you suffer from incontinence speak to a member of the team who will be able to assist you further.

Nutrition and Hydration

- If you struggling to eat a good balanced diet on a daily basis, drink fluids and stay hydrated.

Give Information

- Tell the team if your condition gets worse, if you are unable to keep moving or change position.

Access this information digitally

You can access this information electronically at
<https://www.uhmb.nhs.uk/our-services>
or by scanning the QR code.



Your feedback

If you have any feedback on this leaflet, or require a list of references for it, please email: **patientinformation.officer@mbht.nhs.uk**

For feedback on services and advice

We appreciate and encourage feedback. If you would like to share a compliment or have a complaint, or are concerned about any aspect of your care or treatment, please speak to a member of staff or contact PALS on **01539 715577** or email: **PALS@mbht.nhs.uk**

Alternative formats

This leaflet is also available in large print. If you need this leaflet in another format or language, please ask a member of staff or contact PALS on **01539 715577**

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To plan your visit or to find more information on the support programmes we offer if you or a family member has specialist requirements, please visit: **www.uhmb.nhs.uk/**



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Together we are creating a great place to be cared for, a great place to work.

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