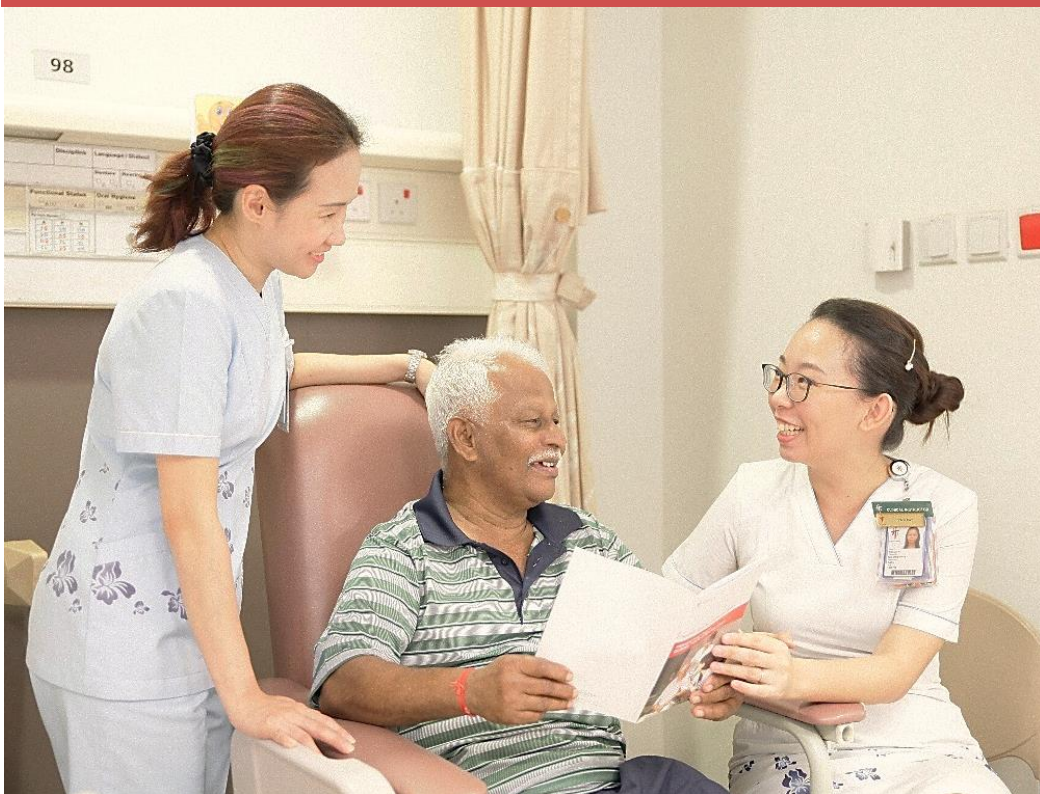


Department of  
**NURSING**

## How to Prevent Pressure Injury?

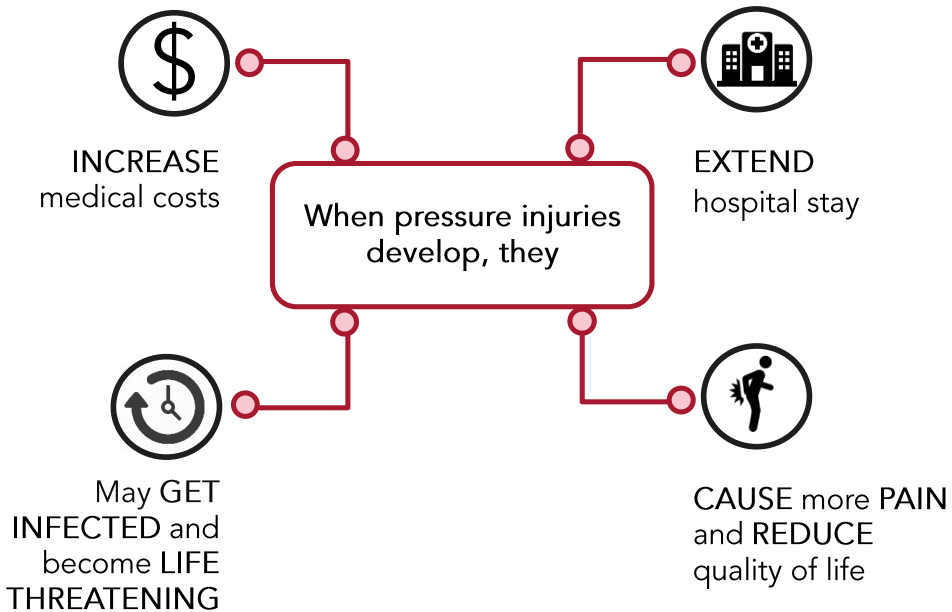


## What are Pressure Injuries?

Pressure injuries (also known as pressure ulcers) are localised damage to the skin and underlying tissues.

The risk of developing pressure injuries increase when our loved ones are:

- unable to relieve pressure over the bony areas of their bodies
- exposed constantly to their sweat, urine or feces at their pressure points



Pressure injuries CAN be prevented most of the time. We need you to join us to prevent pressure injuries wherever possible in these

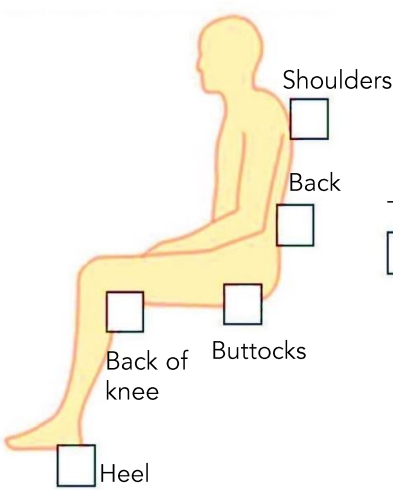
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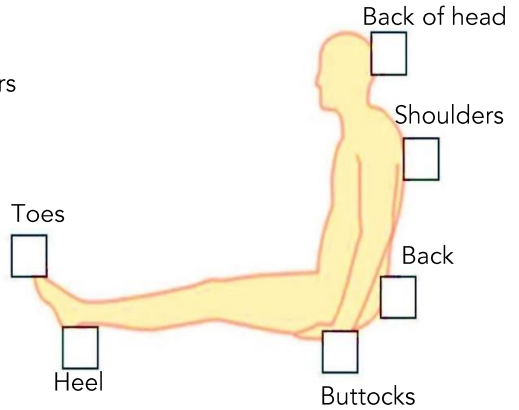
- Keep your skin safe
- Adopt good preventive measures

# Where are the Common Pressure Points Located?

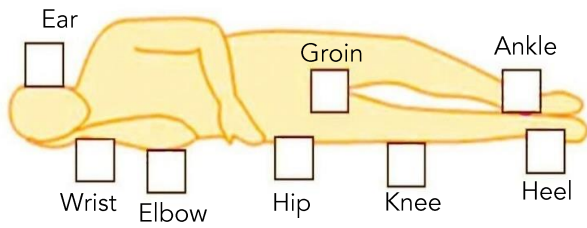
- Sitting on chair/wheelchair



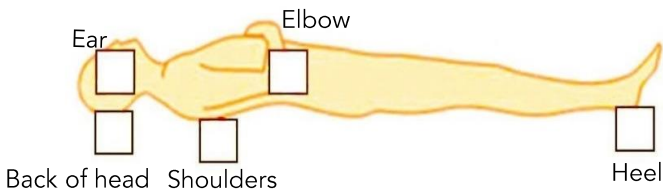
- Sitting on the bed



- Lying sideways



- Lying flat on the back



# How can You Keep Your Skin Safe?

## CHECK SKIN DAILY

You may want to use the checklist below to identify problem areas

Problem areas	What to do
<input type="checkbox"/> Skin is not clean	<input type="checkbox"/> Clean the skin with water and soap or wet wipes
<input type="checkbox"/> Diaper is soiled	<input type="checkbox"/> Change diapers when soiled <input type="checkbox"/> Keep skin clean and dry
<input type="checkbox"/> Skin is constantly in contact with sweat or urine or feces	<input type="checkbox"/> Use barrier cream
<input type="checkbox"/> Skin is "cracked"	<input type="checkbox"/> Use moisturiser
<input type="checkbox"/> Swelling is present at the foot and/or hand	<input type="checkbox"/> Elevate swollen areas
<input type="checkbox"/> Redness is present at pressure points	<input type="checkbox"/> Use hyperoxygenated oil sprays (Optional) <input type="checkbox"/> Relieve pressure point
<input type="checkbox"/> Broken skin (wound) is present	<input type="checkbox"/> Wash the wound <input type="checkbox"/> Cover the wound <input type="checkbox"/> Seek medical help

# What are the Good Preventive Practices?




## CHECK FOR PRESSURE POINT

You may want to use the checklist below to identify problem areas

Problem areas	What to do
<ul style="list-style-type: none"> <li><input type="checkbox"/> Pressure points are not relieved due to inability to change position</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Do 2 hourly turning (See Turning chart and Page 5)</li> <li><input type="checkbox"/> Use pillows to maintain position (Refer Fig 2 and 3)</li> <li><input type="checkbox"/> Use medical air / foam mattress (optional)</li> <li><input type="checkbox"/> Preventive dressing (optional)</li> </ul>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Heels are not "off the bed"</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use pillows to elevate the heels (Refer Fig 1, 1.1 and 2.1)</li> </ul>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Increase of shear/friction while moving</li> <li><input type="checkbox"/> Need help in transferring</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use sliding sheet (Optional)</li> </ul>

## Turning Chart

A 2 hourly turning is necessary to relieve and redistribute the forces acting on the pressure points. The turning chart below guides you in repositioning (as medically deemed appropriate) your loved ones every 2 hourly throughout the day. The timing is as recommended.

MORNING 	AFTERNOON 	NIGHT 
5AM Turn facing RIGHT	1PM Turn facing LEFT	9PM Lie FLAT
7AM Lie FLAT	3PM Turn facing RIGHT	11PM Turn facing RIGHT
9AM Turn facing RIGHT	5PM Lie FLAT	1AM Lie FLAT
11AM Lie FLAT	7PM Turn facing LEFT	3AM Turn facing LEFT

# How do You Relieve Pressure Points When You are Lying in Bed?



Fig 1

Lie flat on the back



Fig 1.1

Use a pillow to elevate heels



Fig 2

Lie facing right or left side



Fig 2.1

Place a pillow in between the legs

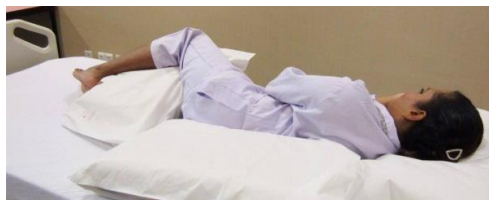


Fig 3

Maintain position by supporting the back with a pillow

## Where can You Find Help?

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### BUY BARRIER CREAM/ HYPEROXYGENATED SPRAY

Buy from any hospital or external pharmacy



### GET PRESSURE RELIEVING DEVICE

Standard pillows – Any departmental stores

Medical air / foam mattress - Visit any hospital's OR external medical supply store

Preventive dressing – At hospital pharmacy store



### TREAT PRESSURE INJURY

Seek medical help

Speak to your nurse to get a copy of "WOUND DRESSING" pamphlet



### MORE INFORMATION ON PRESSURE INJURIES

Logon to

[www.npuap.org](http://www.npuap.org)

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