

You can find more information from:

NHS Choices Pressure Ulcer Information

www.nhs.uk/Conditions/Pressure-ulcers/Pages/Introduction.aspx

National Institute for Health and Care Excellence

www.nice.org.uk/guidance/cg179/resources/pressure-ulcer-prevention-treatment-and-care-322345138885

European Pressure Ulcer Advisory Panel Guidelines

www.epuap.org/guidelines


Royal College of Nursing – Pressure Ulcer Prevention guidelines

www.rcn.org.uk/development/practice

National Institute for Clinical Excellence (NICE)

www.nice.org.uk

For help with queries about ECCH's services, or to provide feedback, contact our Patient Advice and Liaison Service:

 **Tel:** 01502 445447

 **Email:** patientliaison@ecchcic.nhs.uk

Or write to:

PALS, East Coast Community Healthcare,
Hamilton House, Battery Green Road,
Lowestoft, NR32 1DE



If you would like this leaflet in large print, audio cassette, Braille or in a different language, please contact us on **01502 445447**.

Jei šios publikacijos kopija noretumete gauti savo kalba prašome susisiekti su telefono numeriu: **01502 445447**.

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Pokud byste chteli kopi této publikace ve Vašem jazyce, prosím kontaktujte ovou na telefonním čísle **01502 445447**.

Bu yayinin kendi dilinizde bir nüshasını isterseniz, lütfen **01502 445447** nolu telefondan ile temasa geçiniz.

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Pressure Ulcer Awareness

Information & advice for patients & carers



What is a pressure ulcer?

Pressure ulcers are caused when an area of skin and the tissues below are damaged as a result of being placed under pressure sufficient to impair its blood supply. Typically they occur in a person confined to a bed or chair by an illness, and as a result they are sometimes referred to as 'bedsores', or 'pressure sores' (NICE, 2014).

Did you know?

- Pressure ulcers can affect people of any age
- Many pressure ulcers are preventable
- Pressure ulcers can take a long time to get better
- Pressure ulcers may cause pain, infection, sepsis and can lead to death
- They can affect a person's everyday life

Prevention is key

Keep skin clean, dry and moisturised.

If you are concerned about a person who tells you they are sore or have blisters or red/broken skin, tell the clinician in charge of the person's care in the clinic, hospital or Primary Care Home (PCH) your concerns.

The clinician will arrange for the person to be seen and complete an assessment for the prevention of pressure ulcer(s).

If you have a friend or you are caring for someone at home, contact their GP or send a referral to ECCH.

Pressure ulcer prevention is everybody's business!

Contact us

You can contact us on:

East Coast Community Access (ECCA)

Tel: 01493 809977

Wheelchair Services

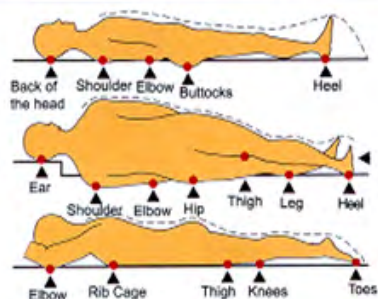
Tel: 01502 532182

Who is at risk?

Anyone can develop a pressure ulcer, but those most at risk are people who:

- Cannot move easily
- Do not eat well
- Have medical problems
- Have continence problems
- Have memory problems
- Are wheelchair users
- May have an acute illness or recently had surgery

Common Sites for Pressure Sores



Main ways that Pressure Sores arise:

