

## CONTACT DETAILS

# PRESSURE INJURY PREVENTION

## Patient Information

### References:

- Australian Wound Management Association, 2012. Pan Pacific Clinical Practice Guidelines for the Prevention and Management of Pressure Injury. Abridged version. Cambridge Publishing. Osbourne Park. Western Australia.
- Department of Health, Victoria, 2004. Preventing Pressure Ulcers: An information booklet for patients. Retrieved October 2012 from: [www.health.vic.gov.au/pressureulcers/downloads/ppu/english.pdf](http://www.health.vic.gov.au/pressureulcers/downloads/ppu/english.pdf)
- Information for Patients and Carers – Keep Bedsores at Bay! Pressure Injury Prevention. 2011, Centre for Healthcare Improvement, Queensland Government. Retrieved October 2012 from: <http://www.health.qld.gov.au/psq/pip/docs/pip-patientbro.pdf>
- Prevention of Pressure Ulcers – 2003 NSW Health. Retrieved October 2012 from [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

**The information in this pamphlet is a brief outline only.  
If you have any concerns or desire more detailed information  
please contact your Doctor or Healthcare Professional.**



[www.grhc.org.au/vic-wound-man-cnc-project](http://www.grhc.org.au/vic-wound-man-cnc-project)

Developed by Regional Wound CNC – Barwon South Victoria 2012  
Endorsed by Western District Health Service Wound Workgroup and the  
Consumer Advisory Group - February 2013

# PREVENTING PRESSURE INJURIES

## PATIENT INFORMATION

### What is a pressure injury ?

A pressure injury is an area of damage to the skin and can involve underlying tissue. The injury is a result of unrelieved pressure, shear or friction.

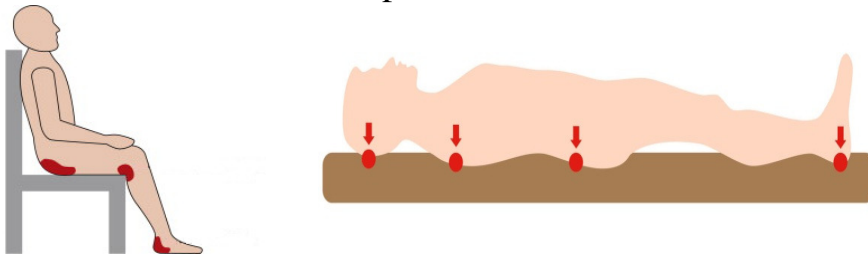
### How does a pressure injury occur?

Pressure to an area will compress and may damage blood vessels. This results in an interruption to the blood flow to the skin and underlying tissues, in that area.

Oxygen and nutrients that are normally carried by the blood supply cannot get to the cells, and so the cells in the tissue die. This death of tissue is called a Pressure Injury.

### Where do they occur?

Pressure injuries can occur anywhere on the body, but they most commonly occur over bony prominences, particularly buttocks, heels, elbows, hips and toes.



### Why all the fuss?

Pressure injuries may appear minor, but extensive damage to the underlying tissue can occur very quickly and result in pain, infection, a reduced quality of life, and can lead to a longer stay in hospital.

### You are at risk if you are:

Unable to move, confined to a bed or chair, have a loss of sensation, have loss of bladder or bowel control, are unwell, have a poor diet or have lost weight.

### What you can do to prevent pressure injury

#### Relieve the pressure

Change your position frequently, or request assistance to move.

#### Eat a balanced diet and keep hydrated

A balanced diet includes eating food from all food groups eg: bread, cereal, meat, fruit /vegetables and dairy. Sometimes you may need to see a dietician and have nutritional supplements.

#### Look after your skin

Ensure that you or the staff check your skin at least once a day and report any tender, reddened or broken skin.

It is important that you keep your skin in good condition. Keep your skin free from moisture; use a mild soap to cleanse and nourish your skin by moisturising frequently.

#### Equipment

Special equipment eg: air mattresses, pressure relieving cushions, wedges and booties may assist to reduce pressure to specific areas.