

# What can you do to prevent pressure trauma.

- Keep skin dry and clean.
- Use any specialised pressure relieving equipment that has been advised.
- Change your position regularly—if you are unable to move yourself you will be given advice and support on re-positioning.
- Drink plenty of fluids.
- Have a varied and balanced diet.
- Report any areas of soreness, or if you notice any reddening over a bony area to your nurse or carers.

## Please remember

This leaflet gives you some information about pressure trauma.

The nurse caring for you will ask to examine you and ask you some questions to see if you are at risk of developing pressure trauma.

This is part of a risk assessment. It helps to identify if you need any special equipment such as a pressure redistributing cushion or mattress to help prevent you developing pressure trauma

With your consent, a plan of care will be initiated, taking into account your personal needs and circumstances.

If you need any further advice about any aspect of pressure trauma prevention or management, the nurses are there to help.

*Adapted from National Institute for Clinical Excellence Guideline; Pressure Ulcer Prevention, Treatment and Care; information for the public 2014*



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## Preventing Pressure Trauma



Here to help

# What is Pressure Trauma.

A pressure ulcer (bed sore) is an area of skin and underlying tissue which is damaged. This happens when pressure is applied to the same area for a period of time reducing or cutting off the blood supply.

Pressure trauma usually happens when you lie or sit in the same position for too long. It can be very painful and can have serious complications. They can take a long time to heal.

Most pressure trauma can be prevented with support and special pressure redistributing aids. If trauma occurs they need to be managed carefully to stop them getting worse.

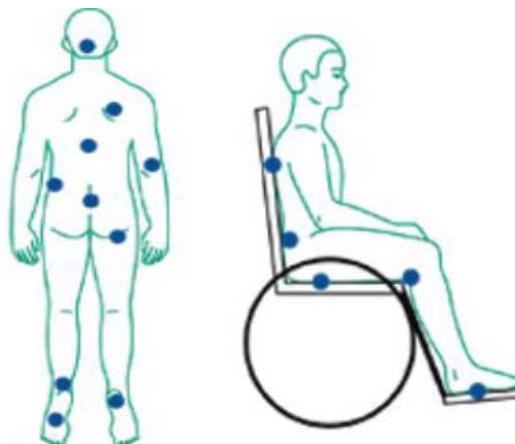
## Are you at risk?

- Red patches on skin (purple or blue or dark pigmented skins)
- Swelling over a bony area
- Blisters or broken skin

The skin may feel unusually:

Hard, swollen, warm/hot, tender/painful or very dry.

## Common areas where pressure trauma occurs



## Are you, or a person you are caring for, at risk?

Any of the following increase your risk of developing pressure trauma:

If you have **problems with movement** which means you are sitting or lying in one position for long periods of time

If you have **poor circulation**

**Moist skin** caused by problems controlling your bladder or bowels

If you have had **pressure trauma before**

**Poor diet and fluids** If you do not drink enough or have a poor diet

Lack of sensitivity to pain or discomfort

Conditions such as diabetes, stroke and disorders which affect the nerve supplies, and muscle movement reduce the normal sensation or of discomfort that prompt you to move.

If you have problems with your memory and understanding things or feelings, such as dementia

If you are having an operation.

