Family Nursing & Home Care

People are STAYING HOME, STAYING SAFE, SLOWING THE SPREAD of Covid-19

Don't forget to keep aSSKINg the right questions about Pressure Ulcer Prevention

Reduce the risk of developing pressure ulcers when staying at home:

assess risk

check Skin for any signs of redness or damage

is the Surface you are sitting on suitable?

Keep moving – just because you can't go out doesn't mean you have to sit still

Incontinence can damage skin so needs to be managed effectively

Nutrition is vital, eat healthily and stay hydrated

give appropriate advice and support

#stopthepressure