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If you would like more information about preventing pressure ulcers in hospital:

Ask your Nurse for the National Institute for Clinical Excellence (NICE) information about preventing pressure ulcers

Visit the NICE website:  
[www.nice.org.uk](http://www.nice.org.uk)

Ask to speak to the Tissue Viability Link Nurse on your ward

If you require this leaflet in any other format, eg, large print, please telephone 01935 384590

## Preventing Pressure Ulcers

***Information for Patients***

Any person, regardless of age, who is admitted to hospital and is therefore probably much less active than usual, is at risk of developing a pressure ulcer.

A pressure ulcer (bed sore) occurs because the blood vessels become squashed or kinked, the blood supply is unable to get to that area of skin and the skin starts to die. This can happen if you have spent a length of time lying in bed or on an operating table or sitting in a chair.

Whilst every effort is made to try and prevent this happening to you, the following information can help you to help yourself during your stay in hospital.

#### **Your nurse will want to know if:**

- You have had a pressure ulcer before or use cream at home
- At home you have a special mattress or cushion
- You come into hospital with a wound that needs dressing
- You require help to move your position in bed or to stand up from your chair
- when you require help to put on or remove your TED stockings or you need a clean pair
- Your bottom, heels, toes, knees, elbows or back start to go red or feel sore

**Don't suffer in silence!**

#### **Hints and Tips to Prevent Pressure Ulcers**



Lie on your side in bed so your bottom is off the bed as often as possible



Put a pillow under your lower legs so your heels are not resting on the bed



Wash your skin at least once a day and tell a nurse if you find any red or sore areas



Eat a healthy diet of meat, vegetables and fruit and drink plenty of water to keep your skin in good condition



When sat in a chair, sit upright with your feet on the floor and a straight back to stop your lower back and bottom getting sore



Stand up regularly from your chair to let the blood flow return to your bottom



Remove your TED stockings at least daily to wash your feet