



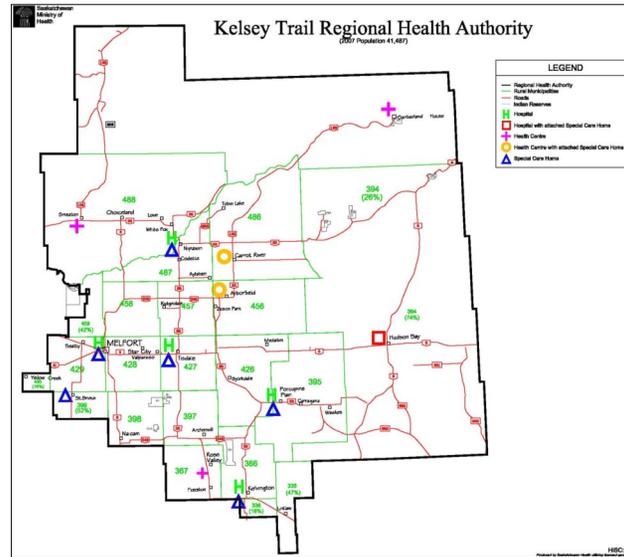
Help Us Protect Your Skin

When you or your family member were admitted to this facility, nursing staff assessed your skin.

This evaluation indicated that you are at risk for developing a pressure ulcer.

By assisting your healthcare team, you may be able to reduce the reasons you are at risk of getting a pressure ulcer.

**BE ACTIVE
IN YOUR
HEALTHCARE!**



Pressure Ulcer Prevention

Information is provided by
**KELSEY TRAIL HEALTH
REGION**

For more information about this or other services of the Kelsey Trail Health Region contact the Regional Office at (306) 873-6600 or visit our website www.kelseytrailhealth.ca

Provincial Health Line—24 hour health advice



Help Us Protect YOUR Skin

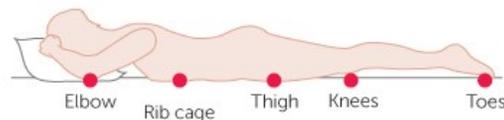
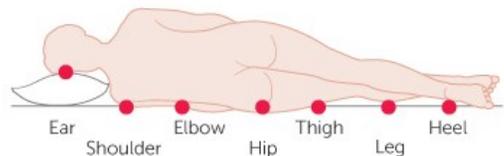
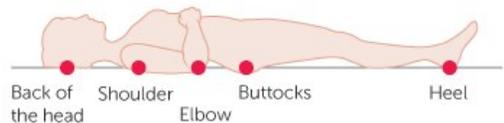
**Information for
you & your family
about pressure ulcers
& how you can help your
healthcare providers
prevent them**

Healthy People in Healthy Communities

What is a pressure ulcer?

A pressure ulcer, sometimes called a “bedsore”, is an injury to the skin and underlying tissue usually caused by unrelieved pressure.

These ulcers usually occur on the buttocks, hips, heels, elbows and shoulders. These are the body parts that have the most pressure when you are lying in bed or sitting for long periods of time. Pressure ulcers begin as reddened areas, but can damage skin and muscles if not treated.



Cancer Research UK
Original diagram by the Tissue Viability Society

What causes pressure ulcers?

Pressure ulcers can be caused by a number of different factors, including:

- Pressure from a hard surface such as a bed or chair
- Laying down or sitting in one place for long periods of time
- Moisture on the skin can cause skin to breakdown

Key Steps to Pressure Ulcer Prevention

Protect your skin from injury:

Limit Pressure

- ◆ If you are in a chair, your position should be changed at least every hour
- ◆ If you are able to shift your own weight, you should do so every 15 minutes while sitting



Reduce Friction

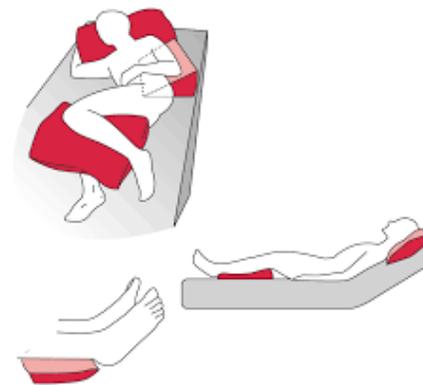
- ◆ When shifting position or moving in your bed, don't pull or drag yourself across the sheets. Make sure you don't push or pull with your sheets or elbows.

Take care of your skin:

- ◆ Allow a member of your healthcare team to inspect your skin at least once each day
- ◆ If you notice any reddened, purple, painful or sore areas, notify your nurse as soon as possible
- ◆ Prevent dry skin by using creams or oils
- ◆ Don't rub or massage skin over reddened, purple or sore parts of your body

If you are confined to bed for long periods of time:

- ◆ Pillows or foam wedges may be used to keep your knees or ankles from touching each other.
- ◆ Avoid lying directly on your hip bone when lying on your side.
- ◆ Pillows may be placed under your legs from mid-calf to ankle to keep your heels off the bed. Never place pillows behind the knee.



Improve your ability to move:

- ◆ Ask your nurse if you qualify for a rehabilitation program designed to help you maintain/regain independence and improve movement.

Occupational Therapists are available to help you choose the products that are best suited to meet your family members' needs. They are available for consultation to answer your questions and assist you with pressure ulcer prevention. Family may be asked to purchase a pressure reduction surface to help reduce or prevent worsening pressure ulcers for their loved one.