Avoiding pressure I.N.J.U.R.Y. is important for you
What can I do to prevent a pressure injury for myself or a loved one?

What is a pressure injury?
- When pressure is present for a long time it can cause damage to the skin — this is how a pressure injury can form.
- A pressure injury or ulcer may be referred to as a “bedsore”.

How does a pressure injury form?
- By staying in bed and/or a chair for a long time.
- By not moving or changing position in bed.
- By using a medical device against your skin.
- By not eating or drinking well.
- By not being fully alert.
- By not being able to feel or communicate pain.

What does a pressure injury look like?
- Early stages look red — may look like a blister or bruise.
- Later stages result in deeper damage — muscle or bone could be affected and cause an opening in the skin.

INSPECT
- Your care team will inspect your skin at least daily to protect from injury.
- Loss of bowel and bladder control can be common when in the hospital. Urine and stool can be harmful to skin.
  - A barrier cream will be used to protect your skin.

NUTRITION (Diet)
- Good food keeps your skin healthy and promotes healing.
- Eating extra calories when you are ill can help with faster healing.

JUST MOVE
- Getting out of bed often and/or moving around will help prevent pressure caused from not moving.
- If you have a lack of feeling or diabetes, your heels should be lifted off of the bed.

UNDER AND AROUND DEVICES
- Pressure injuries can develop under medical devices.
- Talk with your care team if you are feeling any pain with your medical devices. They will need to be moved.

REPOSITION (Move/change position)
- Move/shift every two hours. Your care team can help.
- Reduce the elevation of your head of bed.
- Avoid laying on your back.

YOU ARE IMPORTANT
- It is okay to ask your care team to make sure all treatments are in place.
  - Your health care team is here to help.