

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.