

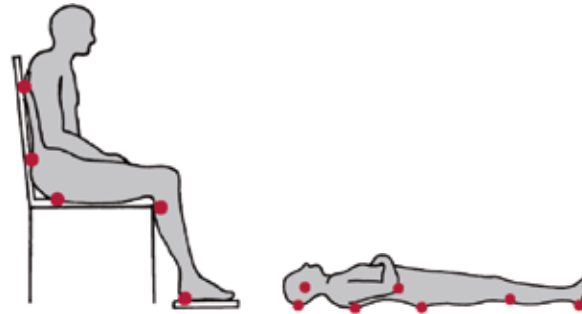
Pressure Injury Prevention

Pressure Injury Prevention with PIP the PRIMATE



P	Protect Skin	<ul style="list-style-type: none"> ensure your skin is protected from body fluids avoid harsh rubbing
R	Reposition Regularly	<ul style="list-style-type: none"> change your body position frequently
I	Inspect the Skin	<ul style="list-style-type: none"> check your skin over bony areas at least once a day
M	Move & Moisturise	<ul style="list-style-type: none"> be as mobile as you can apply moisturising cream daily
A	Ask for Assistance	<ul style="list-style-type: none"> specialist health professionals are available to help with mobility, diet and equipment ask your nurse to check your skin if you can't manage
T	Tell if Skin is Sore	<ul style="list-style-type: none"> report sore skin, redness that won't go away, broken or blistered skin, tingling or numbness
E	Equipment	<ul style="list-style-type: none"> specialised equipment is available to reduce pressure over bony areas - discuss your needs with your nurse, doctor or other health professional

Common places where pressure injuries can occur



References:

National Pressure Ulcer Advisory Panel, European Pressure Ulcer Advisory Panel and Pan Pacific Pressure Injury Alliance.

Prevention and Treatment of Pressure Ulcers: Quick Reference Guide. Emily Haesler (Ed.). Cambridge Media: Perth, Australia; 2014.

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What is a pressure injury?

Pressure injuries are also known as 'pressure sores', 'pressure ulcers', 'bed sores' or 'decubitus ulcers'.

They are breaks or blisters in the skin commonly caused by constant and unrelieved pressure on a part of the body for a long period of time.

The depth of a pressure injury can vary from shallow to quite deep.

Pressure injuries can be painful and take a long time to heal. They can reduce your ability to move around.

In hospital

When you are unwell or recovering from surgery it may seem difficult to change your position regularly. A few simple actions by yourself can save a lot of discomfort and help prevent a pressure injury from occurring.

Immediately report to a nurse or your doctor if you think you might be developing a pressure injury. Prevention is always better than cure.

Frequently Asked Questions

What causes a pressure injury?

Pressure injuries occur from constant unrelieved pressure on a part of the body for a long period of time. They also occur from friction, shearing (dragging of the skin across any surface) and lengthy exposure to moisture. Pressure injuries can occur on any part of the body, but are most likely to occur on bony parts.

What are the warning signs?

- Skin redness that does not go away
- Broken or blistered skin
- Localised discomfort
- Tingling or numbness in any area

Do pressure injuries only happen in hospital?

No. Pressure injuries can occur before admission to hospital, in hospital or after you go home. Pressure injuries result from constant unrelieved pressure, friction, shearing and lengthy exposure to moisture such as urine, faeces or sweat.



How can staff help prevent a pressure injury?

- Assessment on admission and reassessment if your condition changes
- Planning to reduce the risk
- Mobilising as soon as your condition allows
- Use of appropriate equipment