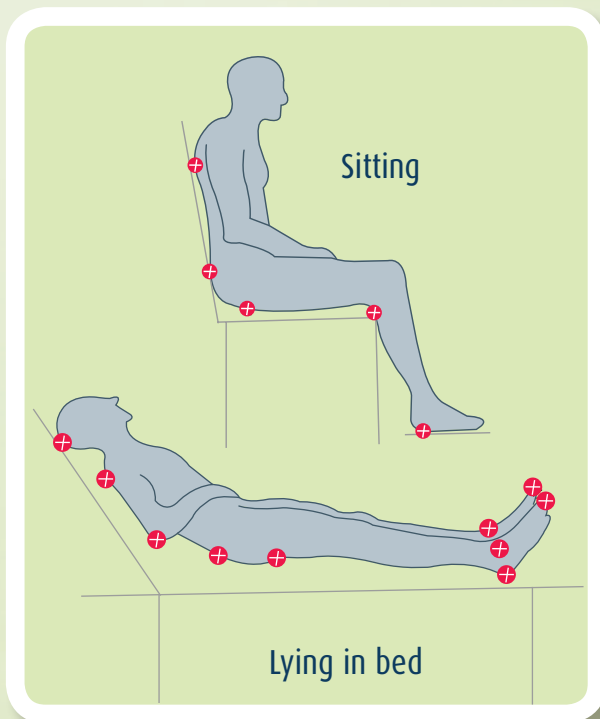


# PRESSURE INJURY LOCATIONS

Pressure injuries occur over bony areas – especially the heels, elbows, hips, buttocks and tailbone but can occur anywhere there is continuous pressure on the skin. The red crosses show places on your body at risk of a pressure injury.



# PREVENTING PRESSURE INJURIES



## REMEMBER

1. Keep moving
2. Look after your skin
3. Eat a healthy diet



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# PREVENTING PRESSURE INJURIES

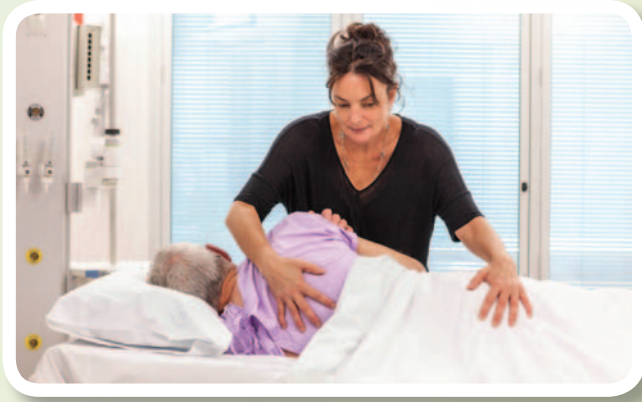
Hospitalised patients are at risk of getting pressure injuries, which are often referred to as bedsores.



This brochure identifies three simple actions that may reduce your risk of developing a pressure injury:

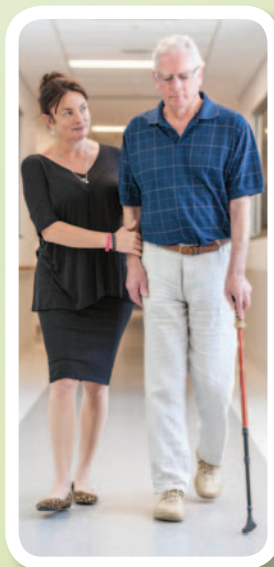
1. Keep moving
2. Look after your skin
3. Eat a healthy diet

## KEEP MOVING



### IN BED:

- While you are lying in bed, turn or shift your position frequently.
- When you change positions, use pillows to support yourself if needed.
- If you are unable to move yourself, ask the staff to help you change your position regularly.



### OUT OF BED:

- Change your position frequently in the chair.
- Keep active by going for walks if possible.

## LOOK AFTER YOUR SKIN

- Advise staff if you get tenderness, pain or soreness over a bony area, or if you notice any reddened, blistered or broken skin.
- Keep your skin and bedding clean and dry.
- Let the staff know when your clothes or bedding are damp.
- Use moisturising lotion to prevent the skin from drying out and cracking. Staff can apply moisturiser to any difficult to reach spots.
- Clean the skin as soon as it becomes soiled.
- Special equipment such as air mattresses, pressure relieving cushions and booties may be used to reduce the pressure to specific areas.
- Use a mild cleanser or moisturising soap to prevent drying out of your skin.



## EAT A HEALTHY DIET

- Good nutrition plays a vital role in skin protection and wound healing.
- Lean meats, poultry, fish, eggs and beans/legumes and dairy products are good sources of iron and protein, which helps your skin to heal.
- Ensure you drink plenty of fluids to keep yourself well hydrated.
- Consult with a qualified dietician or nutritionist.
- Take nutritional supplements as prescribed.

