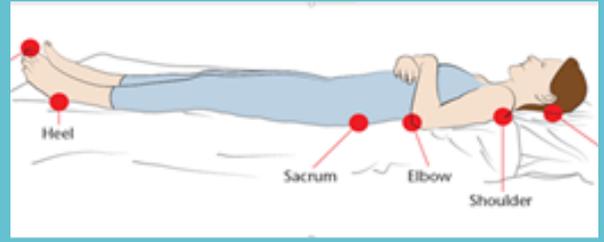
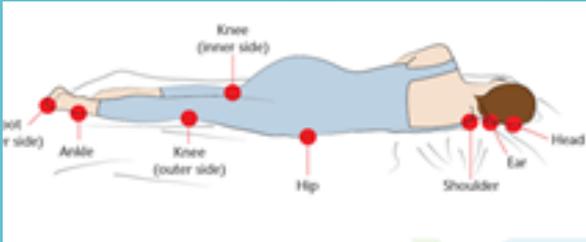


What are pressure ulcers and where do they occur?

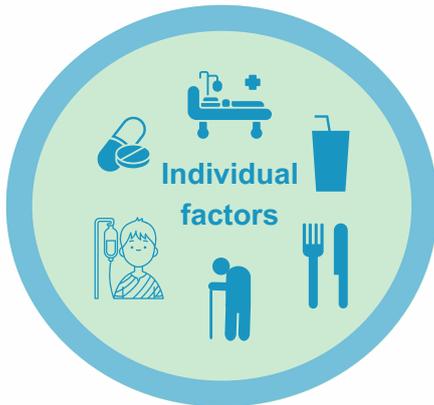
A pressure ulcer is an area of localised damage to the skin and underlying tissue. It usually occurs over a bony prominence, and is caused by pressure, shear, friction or a combination of these.



Pressure

Friction

Shear



Steps to take if pressure ulcer identified

- Reposition 2 hourly
- Commence repositioning chart and SSKINS bundle
- Offload - 30 degree tilt - ensure appropriate pressure reducing surface in place
- Document - body map, notes, reason for resident declining prevention measures
- Refer on as per local policy

What does Pressure Damage look like?



Grade 1 (non blanching erythema)



Grade 4



Grade 2



Ungradable Tissue Injury



Grade 3



Deep Tissue Injury



- Skin Inspection
- Surface
- Keep Moving
- Incontinence and Moisture
- Nutrition and Hydration
- Self Management