



**This is a guide only and does not  
replace clinical judgment**

**References:**

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# Pressure Injuries

Information for clients, family and carers



# Pressure Injuries

## What is a pressure injury?

- A pressure injury is an area of skin and/or underlying tissue that has been damaged because of:
  - unrelieved pressure (e.g. sitting for a long time)
  - friction or shear (e.g. poorly fitting shoes)
- They commonly occur on the heels, toes or buttocks

## Risk factors

- Reduced mobility
- Loss of sensation or feeling
- Poor circulation
- Incontinence
- Poor nutrition
- Dry skin
- Acute or severe illness



## Pressure injuries are also called:

- pressure ulcers or areas
- pressure sores or bed sores
- decubitus ulcers (decubiti)
- pressure necrosis
- ischaemic ulcers

## How you can help care for a pressure injury

Many of the actions listed (next page) to prevent pressure injuries will also help heal an ulcer if present,

- Relieve the pressure from the injury area e.g. do not lie on that area, do not rub the area
- Obtain advice from your doctor or nurse on special equipment which can relieve the pressure

## How to prevent a pressure injury

### ✓ Do

- Apply moisturiser twice daily
- Use mild, pH neutral, non-irritant skin cleansers and body products
- Protect skin exposed to friction
- Check your skin regularly and seek help if you have any sore, red, blistered or broken skin
- Eat a nutritious diet
- Use pillows and foam wedges to protect bony prominences
- Avoid heel or sacral contact with hard surfaces

### ✗ Don't

- Do not massage or rub the skin over bony areas (e.g. hip bones)
- Do not sit in a chair for long periods of time—change position regularly
- Do not use foam rings, donuts, or fluid filled bags
- Do not leave the skin in contact with moisture for long periods of time

