

Pressure Injuries



promoting
healthy skin

Champions for Skin Integrity

- ✓ Change **position** frequently
- ✓ Use **appropriate bed and chair support surfaces** if at risk of pressure injuries
- ✓ **Remove pressure** from heels with pillows or suspension devices
- ✓ Use pH neutral, non-irritant skin and body products
- ✓ Eat a **healthy** nutritious diet
- ✗ Do not use foam **rings** or donut-shaped devices
- ✗ Avoid rubbing or **massaging** over bony areas
- ✗ Avoid prolonged sitting





School of Nursing, Faculty of Health
Queensland University of Technology
Kelvin Grove Qld 4059 Australia
E: woundresearch@qut.edu.au

TEQSA Provider ID PRV12079 Australian University | CRICOS No.00213J

REFERENCES

EPUAP, NPIAP, PPPIA. Prevention and Treatment of Pressure Ulcers/Injuries: Clinical Practice Guideline. 2019, <https://internationalguideline.com/>

Gould L, Stuntz M, Giovannelli M, et al. Wound Healing Society 2015 Update on Guidelines for Pressure Ulcers. *Wound Rep Regen* 2016;24:145-62

Lopes G. Pressure Injury Prevention Strategies: Mobilising and Repositioning. JBI EBP Database 2022:JBI-ES-248-2

Moola S. Pressure Injury Prevention Strategies: Active Support Surfaces. JBI EBP Database 2023:JBI-ES-2148-3

Norton L, Parslow N, Johnston D, et al. Best Practice Recommendations for the Prevention and Management of Pressure Injuries 2021, Wounds Canada. <https://www.woundscanada.ca/>
Registered Nurses Association of Ontario. Assessment and Management of Pressure Injuries for the Interprofessional Team (3rd Ed). 2016. <https://rnao.ca/bpg/guidelines/pressure-injuries>

This project was previously funded by the Australian Department of Health and Ageing under the Encouraging Better Practice in Aged Care (EBPAC) program.