



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



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Pressure Injuries

Information for people, 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 ability to move around
- increased body temperature
- poor general health
- poor nutrition
- poor circulation
- loss of sensation or feeling
- incontinence



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 column) 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

- ✓ Protect skin exposed to friction
- ✓ Move regularly or reposition
- ✓ Check skin regularly and seek help if there is any sore, red, blistered or broken skin
- ✓ Avoid heel or sacral contact with hard surfaces
- ✓ Consider using specialised mattresses or seating cushions
- ✓ Moisturise dry skin twice daily
- ✓ Use mild, pH neutral, non-irritant skin cleansers
- ✓ Eat a nutritious diet

Don't

- ✗ Do not use foam rings or donut-shaped devices
- ✗ Do not leave skin in contact with moisture for long periods of time
- ✗ Do not rub the skin over bony areas, e.g. hips
- ✗ Do not sit for long periods of time