Pressure Ulcer Prevention
What are pressure ulcers?

“Pressure ulcers are also called bedsores, or pressure sores. They can form when your skin and soft tissue press against a harder surface, such as a chair or bed, for a prolonged time. This pressure reduces blood supply to that area. Lack of blood supply can cause the skin tissue in this area to become damaged or die. When this happens, a pressure ulcer may form.”

Who are at high risk?

People who:

1. Sit on a chair/ lie down in bed most of the time
2. Have history of previous pressure ulcer
3. Malnutrition (Underweight or overweight)
4. Existing medical condition e.g. diabetes, stroke
5. Unable to control bowels and/or bladder
6. Have decreased feeling in certain parts of the body

(Edsberg et al., 2016)

(Fathi, 2020)
Prevention is key

✓ Early signs of pressure ulcer
  • Skin redness and warmth
  • Spongy or hard skin
  • Top layers of skin started to break down

✓ Common areas to look out for
  • Heels and ankles
  • Tailbone area
  • Spine
  • Shoulders
  • Ears
  • Tip: Look out for areas which are consistently being pressed against the chair or the bed!

(Fathi, 2020)
Simple Strategies for Prevention

✓ Good Skin Care
  • Having good hygiene (e.g. changing soiled diapers promptly)
  • Moisturising cream or barrier creams
✓ Proper nutrition
  • Supplement protein if lacking for good skin health (approach healthcare professionals for advice!)
✓ Repositioning
  • Changing positions to relief the pressure e.g. turning your loved ones regularly in bed if they are bedbound
✓ Having good support surfaces
  • Alternating pressure relief air mattress

(Edsberg et al., 2016)
References
