

How to prevent pressure injury?

When caring bed bound or decreased mobility individual, the caregiver should:

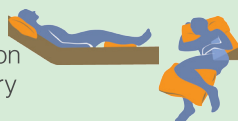
Be aware of any skin changes over bony prominence as below

- Non-blanchable redness over bony prominence that does not reverse after relieving pressure for 30 minutes
- Increase in skin tone and skin temperature comparing with adjacent skin
- Darkly pigmented skin



Basic principles of changing position in bed

- Turn and reposition individual at risk for pressure injury regularly, unless contraindicated due to medical condition or medical treatment
- Prop up less than 30-degree
- Turn the individual into 30-degree lateral position, and use your hand to determine if the sacrum is off the bed
- Turn frequency based on the support surface in use (minimal every 4 hours)
- Avoid positioning the individual on reddened area or pressure injury



Basic principles of changing position in chair/wheelchair

- Sit straight with the back well supported, support the upper limbs with a pillow or table, place the feet on the floor or footrest with the knee flexed at 90-degree (right ankle)
- Advise individual to push up the body using of armrest of the fixed wheelchair or armchair every 15 minutes
- Assist weak or immobile individual to change position in chair hourly



Reducing localized pressure

- Use pressure redistributing cushion for individual sitting in chair or wheelchair
- Apply heel protectors or elevate the heels with a pillow for offloading the heels
- Keep linens and clothing free of wrinkles



Skin care

- Cleanse the skin gently at the time of soiling
- Use a breathable incontinence pad
- Use cleanser that are pH balanced for the skin
- Apply moisturizer daily on dry skin
- Avoid massage over bony prominences



Nutrition

- Ensure adequate fluid intake
- Maintain a balanced diet
- Measure body weight over time for any changes



Health Lifestyle

- Stop smoking
- Encourage adequate exercises for improving circulation, building muscle and mobility
- Eat more nutritional, high protein food e.g. meat, egg, milk and beans to maintain healthy skin
- If you find redness, swelling, pain, blister or wound over bony prominence, it may possibly be a pressure injury. Please seek medical advice promptly



For More Information
www.stpaul.org.hk

For enquiry, please do not hesitate to contact us



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This leaflet is compiled by Wound Specialty Nurse.

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Prevention of Pressure Injury

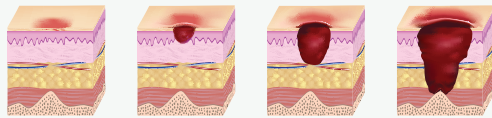


Advise to use the information in leaflet under supervision of health care profession

Pressure Injury (bed sore/ pressure ulcer)

What is pressure injury?

Pressure injury is a localized damage to the skin and/or underlying soft tissue usually over a bony prominence. The injury occurs as a result of intense and/or prolonged pressure or pressure in combination with shear. The injury can present as intact discoloured skin or an open ulcer. It may be painful and takes time to heal.



Why individual may have higher risk of developing pressure injury during hospital stay?

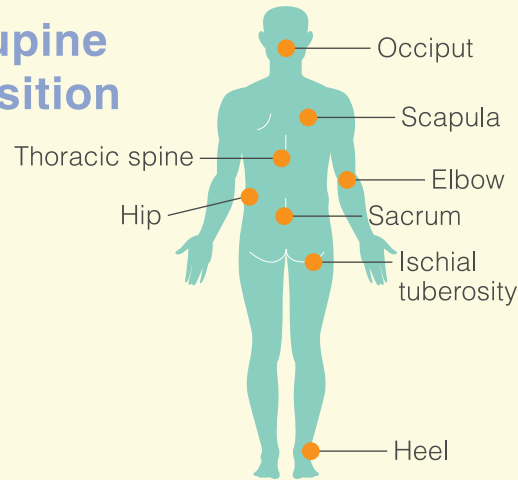
During hospital stay, due to reducing mobility and activity, inadequate fluid and diet intake, individuals may be at higher risk of developing pressure injury.

The following information is useful tips for prevention of developing pressure injury.

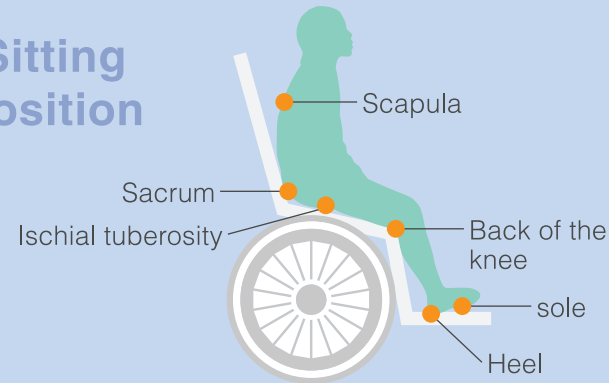


Common sites of pressure injury:

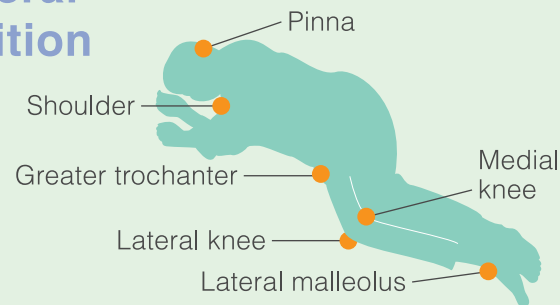
Supine position



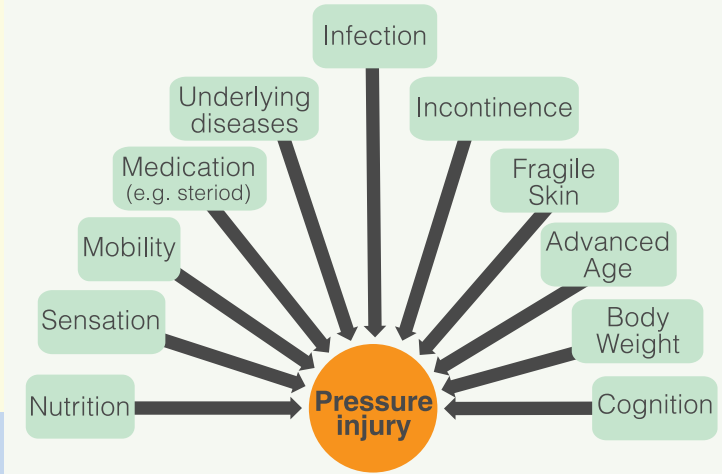
Sitting position



Lateral position



Risk factors of developing pressure injury:



People at high risk of developing pressure injury:

- Bed-bound/wheelchair-bound
- Incontinent
- Advanced age
- Impaired mobility
- Decreased sensation
- Cognitive deficit e.g. dementia
- Malnutrition, dehydration, oedema
- Overweight/ Underweight
- Medical devices usage e.g. brace
- Long term medication e.g. steroid
- Underlying disease: Diabetes, heart disease, anaemia, peripheral vascular disease