

Further information:

You can contact the Tissue Viability Specialist Nurse
Monday- Friday 9am – 5pm by telephone on 0151 600 1324

For further information:

www.nice.org.uk
www.your-turn.org.uk

If you require a copy of this leaflet in any other format or language please contact the Customer Care Team on 0151 600 1517 quoting the leaflet code and the language or format you require.

إذا لديك الرغبة في الحصول على نسخة من هذه المعلومات بأي لغة أخرى أو بشكل آخر (على سبيل المثال بخطوط كبيرة) ، الرجاء الاتصال علينا على الرقم 0151 600 1257 موضحاً الشكل أو اللغة التي ترغب فيها.
如果您想索取一份以其他語文或形式 (如大字體) 編印成的資料傳單，請致電 0151 600 1257 向我們查詢，並說明您所需要的形式和語文。
ئەگەر ئەم زامانرايانەت بەھەر زامانئىكى تىر ياخود شىۋولازئىكى تىر دەۋىت (بۇ نەمۇنە بە چاپى گەۋرە) ئەۋا تىكايە بە ژمارە تەلەفونى 0151 600 1257 پەيۋەندىمان پىۋە بىكە و نامازە بەدە بە زامانى ياخود شىۋەيەي كە دەتەرىت
W celu uzyskania niniejszej informacji w innym języku lub formacie (np. dużym drukiem), prosimy o kontakt z nami pod numerem 0151 600 1257 podając wymagany format lub język.
Haddii aad u baahan tahay koobiga wargelintan oo luqad ama qaab kale (sida far waaweyn) fadlan nagala soo xiriir 0151 600 1257 adiga oo noo sheegaya luqadda ama qaabka aad wax ku rabtid.

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Pressure Ulcers



Excellent, Compassionate and Safe care for every patient, every day

This leaflet has been written to provide information about pressure ulcers whilst in hospital for patients and carers. We hope it answers some of the questions or concerns you may have. It is not intended to replace talking with medical or nursing staff.

What is a pressure ulcer?

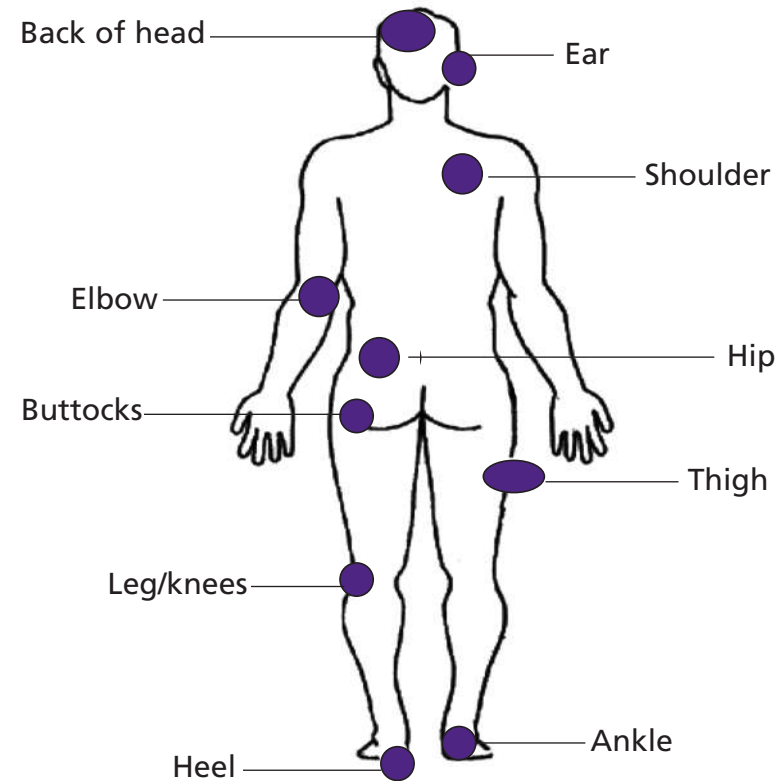
- A pressure ulcer is an area of damaged skin caused by pressure that may be commonly known as 'bed sores'.
- Pressure ulcers can happen by sitting or lying in bed in one position for too long without moving.
- Blood cannot circulate causing a lack of oxygen and nutrients to the skin; if the pressure continues then pressure damage can occur very quickly.
- If the skin changes colour, feels hard, if a warm area develops, if there is a loss of feeling or pain in an area this may be a sign that a pressure ulcer is developing.

Shearing

This may occur when the skin rubs against the bed sheets, or when a patient slips down the bed. The hospital provide slide sheets which enable staff to move you in and out of bed and will prevent shearing and friction from happening.

Certain areas of the body are more vulnerable to pressure ulcer formation than others. These are areas of tissue found over a bony prominence and are illustrated opposite on the diagram.

- If you should become unwell after your procedure and you are nursed in critical care then you will have your risk assessment completed and will go on a special, continuous therapy mattress which will help to reduce your risk of developing pressure ulcers.
- Every effort is made to reposition you but if you become unwell and it is not possible to change your position then you will be at greater risk of developing pressure ulcers.
- The hospital has link nurses on each ward who have had in-depth training in wound care and a Tissue Viability Specialist Nurse who is available to speak to patients/carers and can be contacted via the ward nursing staff.



Am I likely to get a pressure ulcer?

You are more likely to get a pressure ulcer if: -

- You have to stay in bed for long periods of time
- You spend long periods sitting in a chair
- You have difficulty moving about
- If your nutrition and oral fluid intake is poor
- You are incontinent
- If you have had a stroke and mobility is poor or reduced
- If you smoke or have poor circulation
- If you are overweight or underweight
- If you have scar tissue from a pressure ulcer in the past

How can you help as a patient/carer in avoiding pressure ulcers?

- The best way is to change your position regularly, every few hours and check your skin for any redness or broken areas and report immediately to the nursing staff or doctor.
- If you are able have short walks up and down the ward to increase your blood flow to the skin and tone up your muscles.
- If you have poor mobility (do not move about easily) ensure you tell your nurse/doctor in pre assessment clinic so we can alert other health care professionals, e.g. Tissue Viability Specialist Nurse, Physiotherapist and Occupational Therapist to support you whilst you are in hospital.
- Take care not to get any crumbs in your bed when you are eating as they can press against your skin causing pressure and can cause skin damage.
- If you have compression stockings (TEDS) to wear, do not allow them to roll down as this can cause pressure and skin damage.
- If you are incontinent speak to a member of the nursing staff or a doctor who can give you advice on skin care.
- Do not use talcum powder on open wounds or sores as this can cause drying and cracking of the skin.
- Avoid rubbing your skin as this can take the top layer of your skin off.
- Try to have a minimum of 8 to 10 cups of fluid each day unless on a restriction, as advised by your doctor and try to eat a well balanced diet.

- If you are finding it difficult to eat and drink properly, talk to your nurse who will refer you to a dietician.
- As a carer if you have any concerns please speak to the nursing staff on the ward.

Preventing pressure ulcers in this hospital

- All patients at this hospital have a risk assessment completed on admission, post operatively and as and when the patient's condition changes.
- Nutrition, slips, trips and falls, manual handling risk assessment are completed on admission.
- Electric profiling beds are used at this hospital and high specification foam mattresses that can reduce pressure ulcer damage.
- If you are at risk of developing a pressure ulcer your nurse will talk to you and your carer about different ways we can prevent pressure ulcer damage.
- If you do not understand why we do things in a certain way please speak to a doctor or nurse who will try to resolve your concerns.

What can I expect after my procedure?

- Depending on what type of treatment you have come in for you will either go to a ward, high dependency area or intensive care unit.
- Your stay in hospital will be determined by your rate of recovery.