



The prevention of pressure injuries is a **key concern for all Aged Care facilities**

This brochure has been created to help keep you, the consumer, involved in your care whilst a resident in the aged care facility.

The information inside is to be used as a guide only. If you have any concerns, please discuss with your carer or GP.

What do I do if I notice I have a pressure injury?

Tell someone

- Tell your carer or GP as soon as you notice that you have a sore spot.
- Quick action can reduce the risk of further complications.
- Specialised dressings that act as a skin protection as well as promote healthy wound healing can be utilised.
- Pressure relieving equipment is available for use when required, such as offloading devices, bed cradles and air mattresses.
- A relevant pathway to meet your needs will be discussed.



Pressure injuries

What are pressure injuries and how can we prevent them?



Consumer information

Become an active partner in your care

References:

1. National Pressure Ulcer Advisory Panel, European Pressure Ulcer Advisory Panel, Pan Pacific Pressure Injury Alliance. Prevention and Treatment of Pressure Ulcers. Clinical Practice Guideline. Haesler, E. (Ed.). Cambridge MEdia: Perth, Australia, 2014.

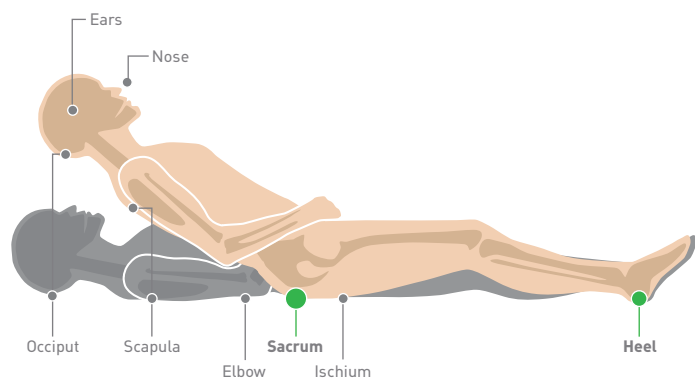
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What are pressure injuries?

Pressure injuries are largely preventable. When pressure injuries occur, they can become painful wounds that require months to heal.

The prevention of pressure injuries includes inspection of the skin, control of risk factors, keeping the skin clean and dry and redistributing pressure over high risk bony areas¹. Staff education and the consistency of preventive procedures are important in all aged care facilities.



Causes



Pressure: Your body weight can compress the skin, damaging the blood supply leading to tissue trauma.



Friction: Rubbing of the skin over the bed surface when moving can remove the top layer of skin.



Shear: The layers of the skin can slide over each other causing tissue damage.



Microclimate: Skin should not be left wet as moist skin sticks to material (e.g. bathing, perspiration, incontinence).

Contributing factors: A number of other factors may increase the chances of developing a pressure injury. Problems such as sensitivity to pain/discomfort, poor nutrition, poor circulation or past history of pressure injuries.

Prevention

Change position

- Keep active. Shift your position every 20 minutes or so when resting in bed or sitting in a chair.
- Never lie directly on your hip bone when resting in bed.
- Don't lie flat on your back for long periods of time.
- Ask nursing staff to adjust the bed so that you do not slip down on the bed.
- Ask your carer to assess your need for special pressure relieving equipment that the aged care facility provides for "at risk" patients.
- Communicate with your healthcare professional if you notice any sore spots on your body.

Take care of your skin

- Keep your skin and bedding dry.
- Use a pH-neutral, soap-free cleanser
- Moisturise daily
- Avoid massaging bony areas and do not let healthcare workers rub the areas, as this causes friction.
- Lift and move using your arms, never drag your body across the bed.

Maintain your nutrition

- Eat a balanced diet.
- If you are unwell and intake is minimal, ask your carer to assess your needs. A dietary supplement or referral to dietician may be required.

Want to know more? Ask your carer or aged care professional.