

Preventing Pressure Ulcers

Information for patients and carers

An easy read guide



What is a pressure ulcer?

A pressure ulcer is normally an open wound in your skin. It might also be called a sore.



Who is at risk of a pressure ulcer?

Any unwell person who is admitted to hospital is at risk of a pressure ulcer.

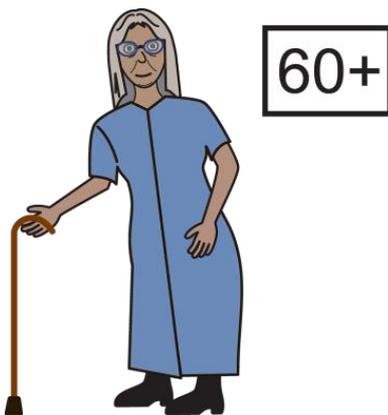


Who is at risk of a pressure ulcer?

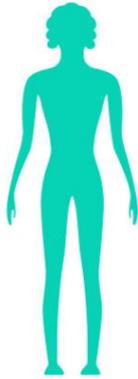
The people more at risk are:



People who can't
walk or move
around



People who are
over 60



People who are
underweight



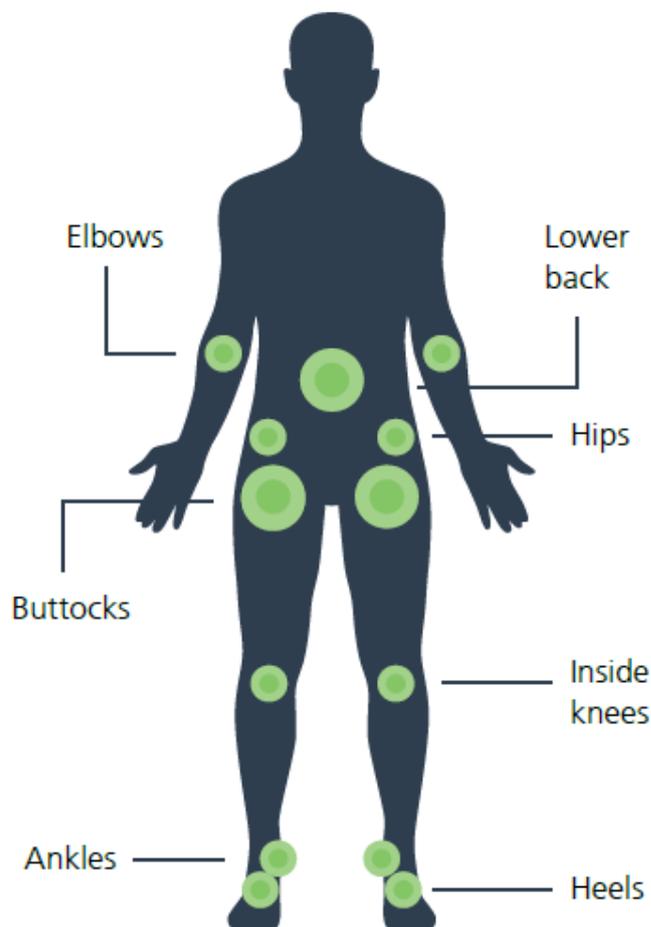
People who are
overweight



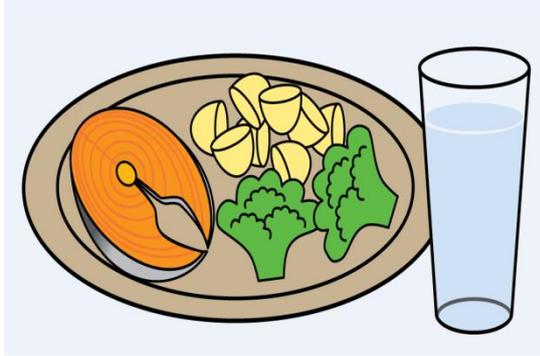
People who have had
an operation

Where can pressure ulcers develop?

Pressure ulcers can develop on any bony area on your body, but are most likely in the following areas:



What can I do to reduce my risk?



Drink plenty of water
and eat healthy food
(unless told otherwise)

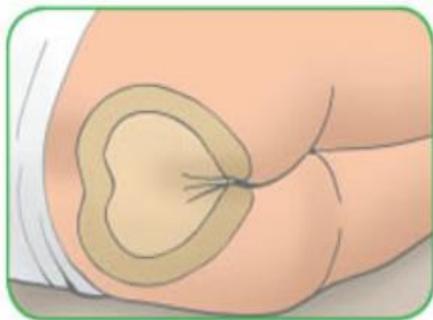


Walk around or change
your position every 2
hours in the day

What happens if I get a pressure ulcer?

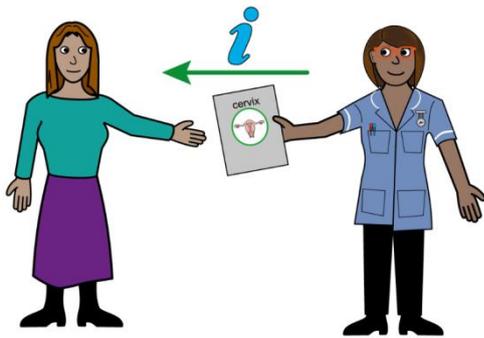


A Nurse will look at the wound and make a plan of care



You might need a dressing or plaster

What happens when I leave the hospital?



When you leave Hospital we will give your GP information about your wound



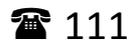
We will make an appointment with your Practice Nurse for wound care



If you can't get to the Practice Nurse a Community Nurse will look after your wound in your house

Further information and advice can be obtained from:

NHS 111



NHS Choices online www.nhs.uk

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the

Patient Advice and Liaison Service (PALS) on:

Telephone:  01622 224960 or  01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records.

If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: www.mtw.nhs.uk or pick up a leaflet from main reception.