



Avoid



The use of rubber rings (or pillows of the same shape)



Massage on bony areas vulnerable of pressure sores



Excess moisture on the skin foldings



The use of alcohol, perfume or talcum powder



Raising the head of the bed more than 30°



Very important ! babies, children or adults who are bedridden for a long time (due to tubing, masks or any other cause) run the risk of getting a pressure ulcer

Remember! If you have questions or concerns, check with your nurse !



Nursing professionals, your best way

Patient Safety Group GNEAUPP

Avoiding Pressure Ulcers



For your safety and health



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National Group for the research and advice on pressure ulcers and chronic wounds



When an ill or old person is bedridden for a long time or spends a long time sitting and not moving, they can get a pressure ulcer, pressure sore or bedsore.



All of us, patients, healthcare professionals or caregivers, can prevent them from occurring in 95% of the cases.



Areas where they typically appear:



Right positions to avoid them:



The caregiver: key to prevent them;

Bedsore are a problem we can prevent!

If you have questions or concerns, contact your nurse.



It is advisable



Eat a healthy diet



Prevent dehydration by drinking liquids



Inspect the skin daily to identify vulnerable areas



Dry and clean bedding with no wrinkles



Taking care of the caretaker



Patient and caretaker, trained and well-informed



It is necessary



Changing lying positions using bed linens and avoiding friction



Use products to prevent exposing the skin to moisture and bacteria in case of incontinence



Use special oils for vulnerable skin areas



Change diaper when it is wet



Use a special mattress and special pillows/cushions to control the pressure and prop the person in different positions



Protect bony areas which are vulnerable