

Need to Know for Patients and Families

*What patients
and their
families need to
know before
hospitalization
or a nursing
home admission*



Prevention of Pressure Injuries

Definition: A pressure injury is a localized damage to the skin and underlying soft tissue usually over a bony prominence or related to a medical or other device. The injury can present as intact skin or an open ulcer and may be painful. The injury occurs as a result of intense and/or prolonged pressure or pressure in combination with shear.

Source: <http://www.npuap.org/resources/educational-and-clinical-resources/npuap-pressure-injury-stages/>

Why Is It Important? Pressure injuries can cause pain, infection, immobility, poor outcomes, and prolonged recovery

What You Can Do:

1. Change position at least every 2 hours to relieve pressure
2. If you find it difficult to move in the bed or chair, ask for help changing positions and shifting weight frequently
3. Ask a nurse to inspect your skin at least once a day
4. Moisturize dry skin
5. Tell your nurse or other health care team member if you develop reddened, purple, painful, or sore areas
6. Do not rub or massage skin over reddened, purple or sore areas
7. Tell your nurse or other health care team member if you have a problem leaking urine or stool
8. Clean and dry your skin immediately if soiled by urine or stool
9. Use pillows to pad areas between knees