



PRESSURE INJURY PREVENTION

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What are the pressure injuries?

- Also known as pressure ulcer, pressure sore or bedsore
- It happens when you lie or sit down in the same position for a period of time.
- When your skin is pressed against bone the blood supply is cut off and damage to the skin and tissue occurs.

You are at risk if:

Old age: Skin gets thinner and less elastic with age, increasing the risk of breakdown.



Malnutrition or Obesity: Being underweight reduces muscle and fat protecting the skin. Being overweight puts excess pressure on the skin.



Reduced Mobility: Difficulty in movement can increase risk of continuous stress at the pressure-prone areas of the body. Avoid positioning



Incontinence: Constantly wet skin (from urine or feces) is more prone to skin breakdown.



Disease: Conditions that cause poor blood circulation (e.g. heart disease/ Diabetes Mellitus), sensation problems (e.g. nerve/ blood vessel disease), or difficulties moving (e.g. stroke), can increase the risk of skin breakdown.



Pressure injury prevention:

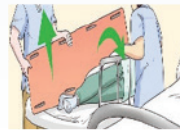
Surface: Seek and ask for suitable pressure relieving products, such as an air mattress, pillow, and foam dressing for an existing pressure injury.



Skin Inspection: Inspect skin once a day and or more frequently for bed and chair-bound, and more frequently for the presence of redness.



Just Move: Keep moving, promote gentle exercise, reposition every 2 hours for bed-bound patients. When elevating head of bed, it must not be more than 30 degree unless contraindicated. Avoid repositioning directly on the ulcer/ injury. A physiotherapist is recommended.



Personal Care: Good personal hygiene, keep skin clean and dry, if with diarrhea, an immediate change of diaper and a barrier cream/ spray is recommended.



Eat Healthy: Eat Protein-rich food every meal and drink 8-6 glasses of fluid a day, unless instructed otherwise, Nasogastric tube feeding must have a weekly weigh for



Seek Help: If suspect a pressure injury, inform a healthcare professional immediately.



What am I looking for? What are the signs of a pressure injury?

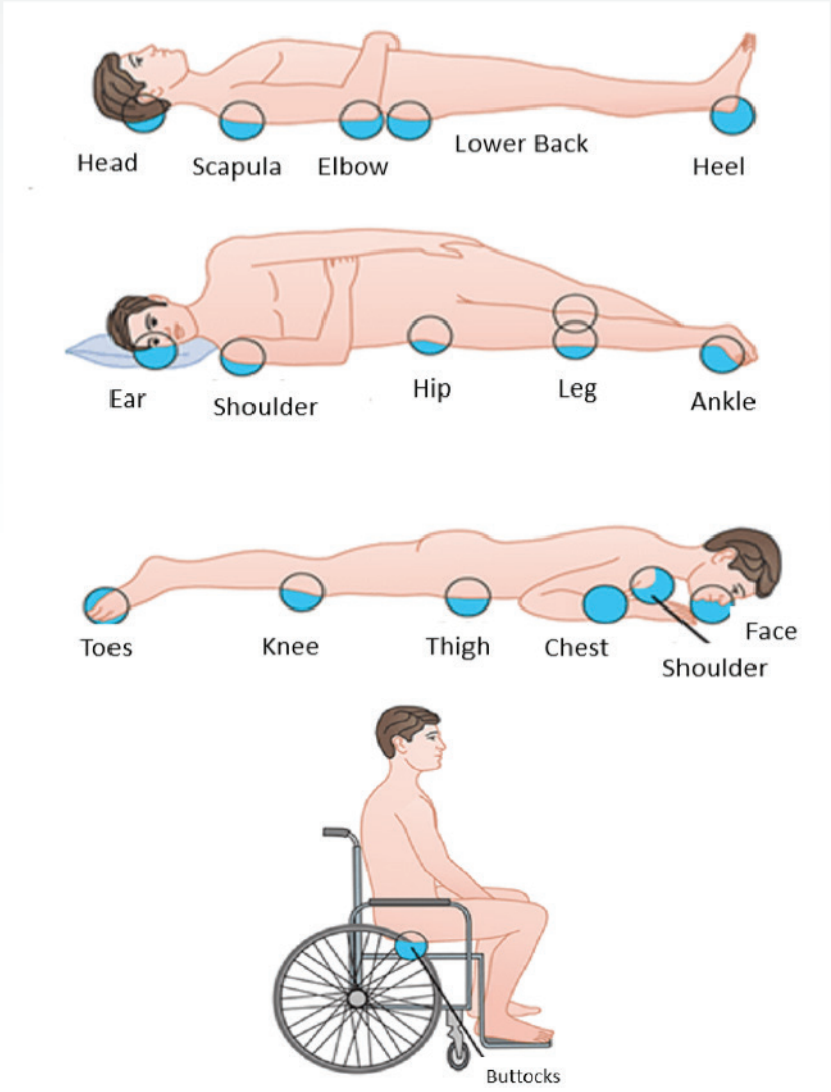
- Often, it first shows up as a red, warm, or tender spot that does not go away
- The skin may look like a blister filled with blood or clear fluid, or an open wound which may reach the layer or fat, muscle or even bone.
- Look for signs of rubbing, skin changes or unusual pain.
- Look at the areas where pressure injuries can form or where you have had an ulcer.

What are the stages of pressure injuries?

Stage 1	Skin is unbroken but red and inflamed.
Stage 2	Skin is broken on the top layer of skin only.
Stage 3	The injury extend down to the tissue under the skin.
Stage 4	The injury extends further, forming a large crater. The deeper tissues, tendons, and bone may be visible.
Unstageable Pressure Injury	Skin is covered with yellow, grey, green, brown, or black dead tissue or pus. It is hard to tell how deep the injury is.
Deep Tissue Pressure Injury	Skin is unbroken but the tissue under the skin is damaged. The skin may look purple or dark red.



Where do pressure injuries occur?



References:

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