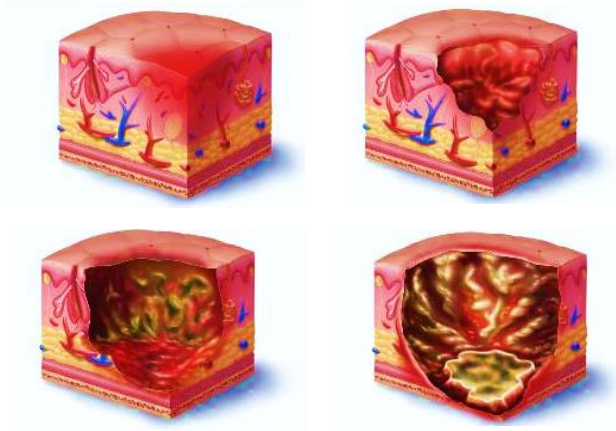




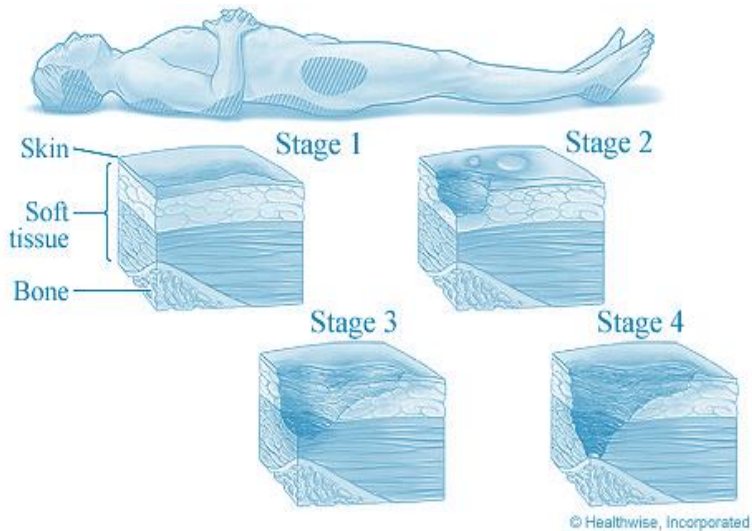
تجمع الرياض الصحي الثاني  
Riyadh Second Health Cluster  
شركة الصحة القابضة



**Prevent Pressure Ulcers**

## What is pressure ulcer

It is an injury to skin / underlying tissue that has been damaged due to unrelieved and prolonged pressure.



Pressure ulcers are also known as pressure sores or bed sores

## ?Are you at risk

The following situations will increase your risk of getting pressure ulcer:

You are unable to move yourself independently, chair-bound, bed-bound, or have limited movement



You have loss of sensation or poor circulation



You have poor nutrition and hydration



You have skin that is frequently moist through perspiration or loss of bowel or bladder control





## What are the signs of pressure ulcer

**1**

Areas of the body that has little or no sensation

**2**

Areas of the body that are prone to nonstop pressure related to body positions

**3**

Unusual changes in skin color or texture

**4**

A reddened or darkened area of skin that does not disappear by actively moving and reverse in position

**5**

Skin cracks, blisters, peels, or breaks

**6**

Open skin that oozes or drains

**7**

An area of skin that feels cooler or warmer to the touch than other areas

**8**

Tender areas

## ?How to prevent yourself from pressure ulcer

Daily examine your body for any signs of skin redness or open wounds



Reversing position at least every 2 hours or as needed. If you can't move yourself,ask someone to help you



Repositioning every 15 minutes if chair-bound,if unable to, have someone to move you at least once every hour



Ask about special products that can help reduce pressure on your skin such as mattresses and chair cushions



Regular moderate body exercise for skin health and flexibility.



Avoid body stiffness, have a family member, friend, or caregiver bend and straighten your arms and legs every day if unable to move alone.



It's best to keep the skin clean and dry. Use mild soaps that don't dry out the skin



Use moisturizing cream on your skin every day if needed.



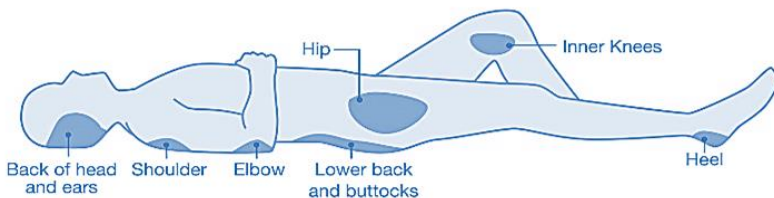
If you have incontinence ensure to dry the skin carefully without rubbing.



Maintain a healthy diet and drink plenty of water to stay hydrated. If your doctor recommends it, see a dietitian for help



Seating - it is important to select the right type of seating position.



## PRESSURE SORES

## Help yourself heal

Do not put pressure on the ulcer and surrounding area. If the ulcer is on your back, try lying on your side or stomach.



Keep the ulcer clean. Protect it from urine, stool, and other irritating or infectious agents.



Massaging the area around the ulcer and massaging bony parts of the body is prohibited. This can cause extra tissue damage.



Don't touch or try to remove scabs without medical supervision. Consult your doctor for pressure ulcer healing products.



Ask your doctor for products that protect the area from infection and protect the skin around the ulcer.



## Follow-Up

Small superficial ulcers may heal without complications.



More serious pressure ulcers require close follow-up due to high risk for infection.

Make a follow-up appointment as directed by  
our medical staff.



# لأن الوعي وقاية

إدارة التثقيف الصحي

Outpatient Nursing Department

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