

# About Pressure Injuries

## What are Pressure Injuries?



Pressure injuries – also known as pressure wounds – develop on your skin and underlying tissue when there is constant pressure over a long period of time.

They typically develop on skin around bony areas of the body such as your heels, ankles, hips and tailbone.

### Signs of a Pressure Injury

- Changes to your normal skin colour including: lighter or darker areas, or that are red, purple, blue, grey/black.
- Redness that does not turn white when light finger pressure is applied.
- Changes in skin texture like hardness, a sponge like feeling, swelling, blisters or breaks in the skin.

## What can I do to Prevent a Pressure Injury?

### Take the pressure off your skin

- Reposition in bed every 2 hours
- Reposition every 15 minutes when sitting in a chair
- Ask your caregiver or health team to help if you have difficulty moving on your own

Your health care team can perform a full risk assessment that includes reviewing your skin condition.



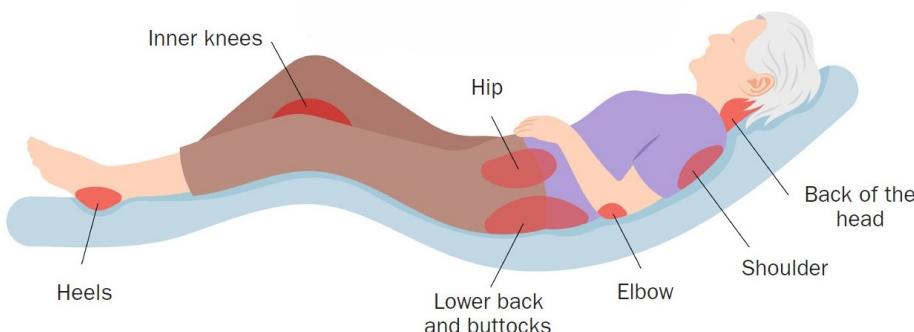
### Take care of your skin

- Keep your skin clean and use moisturizer
- If you have bowel or bladder incontinence, clean and dry your skin right away
- Use cream as a protective barrier
- Notify your health care team of changes in pain, how your skin feels or if your skin tone seems to have changed colour



### Healthy Habits

- Eat a healthy diet and stay hydrated to nourish healthy skin tissue
- Avoid smoking – it dries out the skin and decreases circulation which slows wound healing



**In Canada, 26% of people in hospital develop a pressure wound**

# What happens if I have a Pressure Injury?

## Your health care team will work with other health professionals to:

Provide the best possible skin and wound care

Develop your care plan in a way that ensures your needs, concerns, and preferences are all taken into consideration

### Wound Resource Team

- You may work with registered nurses and registered practical nurses specially trained to provide skin and wound care
- These specially trained nurses will collaborate with the entire health care team to promote wound health and ensure best possible outcomes

### Registered Dietitian or Certified Dietary Technician

- Diet plays an important role in the healing process of wounds and skin breakdown
- A dietitian may have recommendations about food intake and supplements to include in your care plan

### Occupational / Physiotherapists

- Therapists can offer advice on positioning, mobility, function, pressure relieving surfaces and devices
- Exercises may help increase circulation, restore strength and improve your ability to change positions

### Ask Your Pharmacist

- You can work with your pharmacist to review your medications to identify any risk factors that may cause pressure injuries



This information is to assist anyone with or at risk of developing a pressure injury.

As each person has different needs, some of this information may not apply to you.

Brant Community Healthcare System is focused on your needs as a patient and working closely with your care team can help improve or prevent pressure injuries from happening.

If you have any questions about your treatment or require more information, please ask one of your care team members what you can do to prevent or manage pressure injuries.