

Strategic Partnership Boards

SAFETY SAFEGUARDING WELLBEING

Spotlight on ... Pressure Care

Did you know that Pressure Care is a priority for the [Safeguarding Adults Board](#)? Pressure ulcers can become a safeguarding issue and are potentially life threatening. They can be a sign of neglect; however, skin damage has a number of causes.

What is Pressure Ulcer?

A pressure ulcer, often known as a pressure sore or bed sore is damage to the skin and the deeper layer of tissue under the skin. This happens when pressure is applied to the same area of skin for a period of time and cuts off its blood supply. Click on the image to the right find out more information.



What impact can this have?

Developing a pressure ulcer can have a huge impact on the quality of life. Click on the image to the right, to listen to Daniels story and the simple steps we can all take to prevent these life-changing injuries



It is estimated that nearly **half a million people** in the UK will develop at least one pressure ulcer in any given year

Who is at risk?

- Those confined to lying in a bed or sitting for prolonged periods of time
- People over 70 years old
- People with limited mobility or those who cannot reposition without help
- People who do not have healthy circulation
- People who cannot feel pain pressure

What are the early signs of a pressure ulcer?

Change in skin colour, redder or darker • Heat • Discomfort or pain
• Blisters • Skin Damage

Help prevent pressure ulcers by following the skin guidance

S

Skin: Regularly check areas at risk, ask is the skin sore?

K

Keep moving, little and often is best

I

Incontinence has the person become incontinent or has this deteriorated, keeping a person clean and dry;

N

Nutrition and Hydration, help the person keep a healthy diet and hydrated

If you see warning signs, contact your healthcare professional immediately on: **NELFT Single Point of Access 0300 300 1710**