

Helpful Hints for Pressure Ulcer Prevention



What is a pressure ulcer?

A pressure ulcer is a localized injury to the skin and/or underlying tissue usually over a bony prominence, that is the result of pressure, or pressure in combination with shearing.

How to prevent pressure ulcers:

- Keep the skin clean and moisturize if dry.
- Manage urinary and fecal incontinence.
- Provide a healthy diet and adequate fluid intake.
- Frequently change position to reduce pressure over bony areas.
- Decrease pressure to heels, elbows, head and ears when lying or sitting down.
- Reposition every 30 minutes to one hour while sitting and every two hours while lying in bed.
- Use pillows or foam pieces to separate bony areas. Do not use donut-shaped devices as these can add pressure to other skin sites.
- Do not rub reddened areas over body prominences.
- When positioning a patient in bed, use a sheet or bed pad. Pulling a patient up in the bed by the arms may cause friction and shear the skin. That may result in a pressure wound.



As always, notify your physician about any abnormal skin areas.

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