

Pressure Ulcer Awareness Week in Willow Brooke care centre 17-21 OF November

Day 1 Introduction & Awareness

- Short staff meeting covering:
 - What pressure ulcers are and why prevention is essential.
 - Local or national statistics on pressure-ulcer incidence.
 - Distribution of laminated information sheets and posters:
 - Early warning signs.
 - Risk factors.
 - Prevention strategies.
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Day 2 Risk Assessment & Prevention Bundle

- Workshop on:
 - How to perform and document a risk assessment using the chosen assessment tool.
 - When and how often to repeat assessments.
 - Introduction to the pressure-ulcer prevention bundle, including:
 - Appropriate mattress selection.
 - Repositioning schedules.
 - Moisture management and skin care.
 - Nutrition and hydration considerations.
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Day 3 Practical Skills Training

- Practical refresher sessions on:
 - Repositioning techniques and safe transfers.
 - Full skin inspection.
 - Heel off-loading.
 - Mattress and overlay checks.
 - Accurate record-keeping.
 - Demonstrations followed by supervised return-demonstrations.
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Day 4 Resident & Family Education

- Education session for residents and families:



- Basic skin-health awareness.
 - Importance of pressure-ulcer prevention.
 - Encouraging mobility and position changes when possible.
 - Hydration and nutrition.
 - Posters displayed and leaflets handed out.
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Day 5 **Documentation & Reporting**

- Training on:
 - Documentation standards.
 - Timely reporting of any skin damage.
 - Updating individualised care plans.
 - Incident-reporting procedures.
 - Review of an audit sample to reinforce expectations.
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Day 6 **Reflection & Improvement**

- Staff reflection session:
 - Feedback collected.
 - Identification of learning gaps.
 - Team commitment to improved practices.
 - Appointment of **Skin Care Champions** to support ongoing good practice.
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Additionally

- Visual reminders placed in staff areas:
 - Posters, pocket cards, and “Pressure-Ulcer Facts” boards.
- Prevention embedded into routine care:
 - Regular skin checks.
 - Documented repositioning.
 - Mattress and equipment reviews.
 - Inclusion of prevention strategies in all relevant care plans.

STOP THE PRESSURE

WORLD PRESSURE INJURY PREVENTION DAY



What is a PRESSURE INJURY?

Also known as pressure ulcer, bedsore, or decubitus ('lying down') ulcer, is an injury or wound on the skin and underlying tissue. It typically **develops over the bony areas** of the body, **from prolonged lying or sitting**.

Who is at risk of pressure injuries?



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 skin.



DISEASE

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

REDUCED MOBILITY

Difficulty in movement can increase risk of continuous stress at pressure-prone areas of the body.

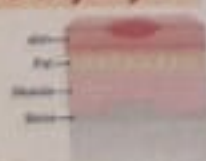


INCONTINENCE

Constantly wet skin (from urine or bowels) is more prone to skin breakdown.

What are the signs of a pressure injury?

A pressure injury often shows up as a **red, warm, or tender spot that does not go away**.



What can we do to prevent Pressure Injury?

INCONTINENCE CARE



CLEANSE

Clean skin using water or pH neutral skin cleansers after every episode of incontinence. Dry skin thoroughly and gently after cleansing

PROTECT

Barrier products (e.g. barrier cream/sprays) can minimize skin exposure to urine, stool, or excessive moisture.



RESTORE

Dry skin is prone to damage. Use a moisturizer/lotion to prevent skin from drying out

JUST MOVE

Prolonged pressure cuts off blood supply to the skin and tissues, leading to damage. Turning should be done at least 2-hourly, changing positions between left side, right side and lying flat.



Leaving to the sides. Leaving forward and back.

If sitting for long periods with feet on a footrest, lift feet off regularly to prevent pressure sores on the feet.

USE PRESSURE RELIEVING SURFACES

Products that can help in preventing pressure injuries include memory foams, modular foams, dermal pads, heel protectors/heel suspension boot, static air cushions, alternating air mattresses

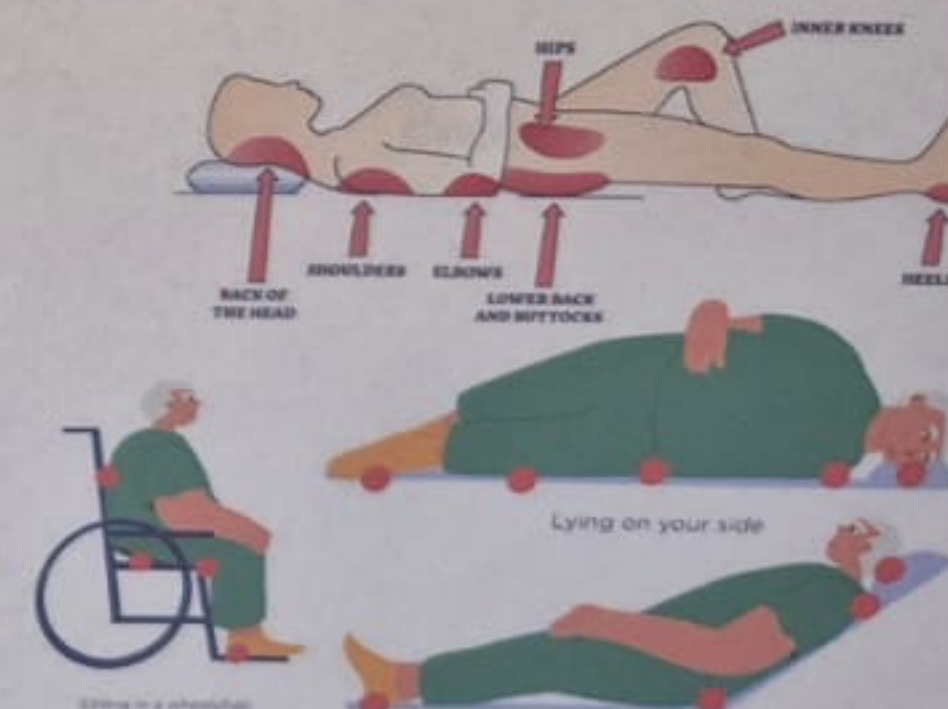


NOTE: A pressure relieving product will not eliminate the risk of developing a pressure injury. It is important to **KEEP MOVING**.

RE-ASSESS SKIN REGULARLY

Examine skin for pressure damage at least once a day, or after each turning if chair/bed bound. If using a medical device, remove or move the medical device at least once a day to assess the skin.

AREAS OF SKIN PRONE TO PRESSURE INJURY



NUTRITION AND HYDRATION



EATING WELL

Ensure eating sufficient sources of protein, vitamin C and Zinc



DRINKING WELL

In addition to fluid in food, drink 6 to 8 glasses of fluids a day unless restricted



REACT TO RED SKIN
STOP
PRESSURE
ULCERS

STOP THE PRESSURE
WORLD PRESSURE INJURY PREVENTION DAY

WORLDWIDE
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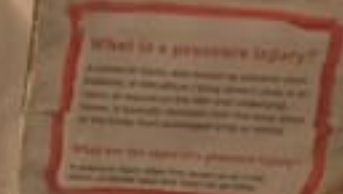




STOP PRESSURE INJURY DAY



EARLY INTERVENTION EARLY RECOGNITION BETTER OUTCOMES





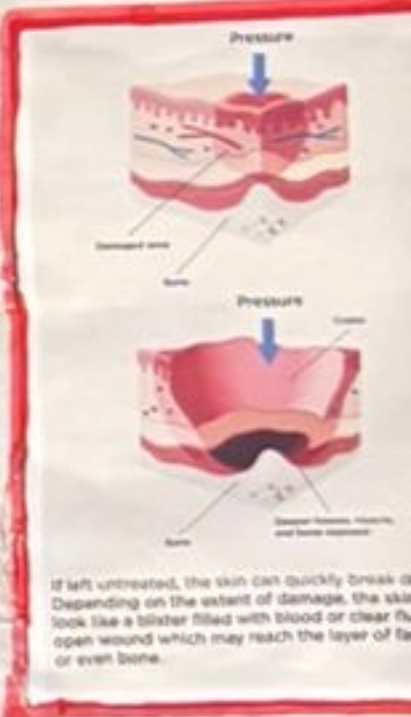
STOP PRESSURE INJURY DAY



EARLY EARLY BETTER
INTERVENTION RECOGNITION OUTCOMES

What is a pressure injury?
A pressure injury, also known as pressure ulcer, bedsores, or decubitus ("lying down") ulcers, is injury or wound on the skin and underlying tissue. It typically develops over the bony part of the body, from prolonged lying or sitting.

What are the signs of a pressure injury?
A pressure injury often first shows up as a red, warm, or tender spot that does not go away.



FOR YOUR

STOP THE PRESSURE

WORLD PRESSURE INJURY PREVENTION DAY

What is a PRESSURE INJURY?

Also known as pressure ulcer, bed sore, or decubitus ("tying down") ulcer, is an injury or wound on the skin and underlying tissue. It typically develops over the bony areas of the body, from prolonged lying or sitting.

What are the signs of a pressure injury?

A pressure injury often shows up as a red, warm, or tender spot that does not go away.

Who is at risk of pressure injuries?

- 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 skin.
- DISEASE**
Conditions that cause poor circulation (e.g. heart disease), sensation problems (e.g. nerve/blood vessel disease), or difficulties moving (e.g. stroke), can increase risk of skin breakdown.
- REDUCED MOBILITY**
Difficulty in movement can increase risk of continuous stress at pressure-prone areas of the body.
- INCONTINENCE**
Constantly wet skin (from urine or bowels) is more prone to skin breakdown.

What can we do to prevent Pressure Injury?

INCONTINENCE CARE

CLEANSE
Clean skin using water or pH neutral skin cleansers after every episode of incontinence. Dry skin thoroughly and gently after cleansing.

PROTECT
Barrier products (e.g. barrier creams/sprays) can minimize skin exposure to urine, stool, or excessive moisture.

RESTORE
Dry skin is prone to damage. Use a moisturizer/lotion to prevent skin from drying out.

NUTRITION AND HYDRATION

EATING WELL
Ensure eating sufficient sources of protein, vitamin C and Zinc.

DRINKING WELL
In addition to fluid in food, drink 6 to 8 glasses of fluids a day unless restricted.

JUST MOVE
Prolonged pressure cuts off blood supply to the skin and tissues, leading to damage. Turning should be done at least 2-hourly, changing positions between left side, right side and lying flat.

TURNING
When checking skin, look for changes in skin color (such as red, purple, blue or black skin); redness that does not turn white when light finger pressure is applied; changes in skin texture such as dry patches, swelling, blisters, or breaks in the skin. Feel for warmer or cooler areas of skin, or hardness/softness different from surrounding skin, painful/sore areas.

USE PRESSURE RELIEVING SURFACES

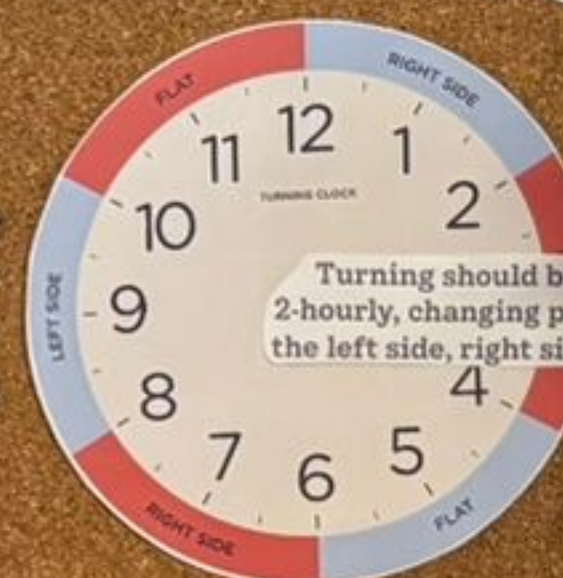
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AREAS OF SKIN PRONE TO PRESSURE INJURY



SOURCE: Pressure Injury Prevention Tool Kit, Ministry of Health, Singapore, May 2020

Pressure Injury
Prevent
pressure injuries

A Sip of HOT Tea Episode 3.3
PREVENTING
PRESSURE ULCERS

Pressure damage often occurs over bony prominences. Pressure ulcers are cone shaped Damage under the heel can be life threatening

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PRESSURE INJURY
PREVENTION DAY

STOP

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