

03.12.2025

Stop Pressure Ulcer Day Event

Podcast Series “Experts Speak: Prevent Pressure Injuries” - Part of the STOP Pressure Ulcer Project

Ingress:

Laurea University of Applied Sciences (Laurea), Helsinki University Hospital (HUS), and the Western Uusimaa Wellbeing Services County (LUVN) combined their expertise in the STOP Pressure Ulcer Project, creating Finland’s first podcast series dedicated to pressure ulcer prevention. This seven-episode series offers evidence-based insights and practical solutions with the goal of turning knowledge into action and improving patient safety.

Summary:

The STOP Pressure Ulcer Project aimed to raise awareness of pressure injury prevention among patients, families, healthcare professionals, students, and care workers. As part of the initiative, Finland’s first podcast series focused on pressure ulcers, “**Experts Speak: Prevent Pressure Injuries,**” was launched. The scripts and production were developed by Laurea in collaboration with HUS and the wound care specialist from LUVN.

The series covers seven key topics: how pressure injuries develop, risk factors, prevention in daily nursing care, self-care, cost implications, and implementing international care guidelines. It also features an expert by experience, adding a powerful human perspective.

The podcast premiered on International Pressure Ulcer Day and was widely shared as learning material for students, through internal staff channels, and on social media. Events in four (4) Uusimaa hospitals engaged 500 professionals, while nationwide awareness was amplified online. The podcast is also promoted on the Finnish Wound Care Society’s website.

Accessible and impactful, the series strengthens competence for students, professionals, patients, and families while advancing patient safety. **Our mission: turn knowledge into action - together we can prevent pressure injuries and ensure high-quality care.**



Figure 1. Making the podcast



Figure 2. Stop Pressure Ulcer Day in hospital

Contact Information:

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in collaboration with Helsinki University Hospital (HUS) and Western Uusimaa Wellbeing
Services County (LUVN)

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