

Pressure ulcer prevention beats treatment every time

At Zealand University Hospital, we're committed to helping patients, their families – and our colleagues and students – get better at preventing pressure ulcers.

That's why every year our Department of Orthopaedic Surgery marks the Stop Pressure Ulcer Day by shining a spotlight on prevention and reaching the people who deal with these challenges every day. To make this as accessible as possible, we set up an information stand in the main entrance hall – a busy hub where patients, visitors and staff naturally pass by.

This year's campaign was built on international best-practice guidelines and our strong interdisciplinary teamwork with wound care nurses, dietitians and physiotherapists.

We showcased knowledge and practical solutions for prevention through care, positioning, the right choice of assistive devices and mobility exercises, as well as nutritional support.

Visitors to our stand had the chance to explore, test and ask questions about everything from specialist mattresses and seating cushions to footwear and protein drinks.

We know from experience that both members of the public and healthcare professionals value the opportunity to stop by and get expert advice and guidance.

Because for us, prevention isn't just about cushions and dressings – it's about meeting people where they are and giving them the knowledge, confidence and courage to take action themselves.

It's good for patients, good for families – and good for the healthcare system.

[Follow us on LinkedIn](#) for more updates on our work with health equity, patient-centred care and treatment and innovation.

Venlig hilsen

Else Sværke Henriksen