

# HOW CAN YOU AND YOUR CAREGIVER PREVENT PRESSURE INJURIES?

## If you're in bed:

- change your position every two to three hours, even a small shift can help
- use pillows to stop your knees and ankles touching each other, particularly when lying on your side
- try to avoid creases in your bed linen
- if sitting up in bed, be aware that sliding down can cause injury to your bottom and heels
- ask for help if you need it.

## If you're seated:

- relieve pressure by leaning forward, or leaning side to side for a few minutes every half hour.

# WHAT ELSE CAN YOU DO TO HELP?

- Eat a healthy diet and drink plenty of fluids.
- Keep your skin clean and dry.
- Ask your nurse to help you with any incontinence.

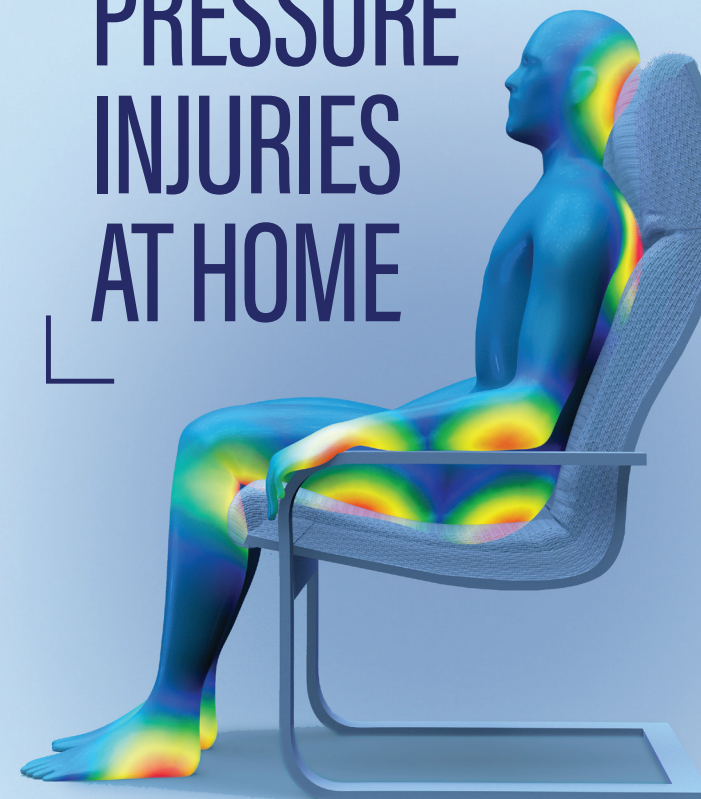
Your nurse, occupational therapist, physiotherapist, doctor, or dietician can help you plan your care to prevent pressure injuries.

REMIND YOUR CAREGIVERS:  
**HELP ME MOVE  
NO PRESSURE**



Adapted from material developed by Counties Manukau Health and Auckland District Health Board.

# NO PRESSURE YOUR SKIN MATTERS HOW TO PREVENT PRESSURE INJURIES AT HOME



[nzwcs.org.nz/pressureinjuries](http://nzwcs.org.nz/pressureinjuries)

# WHAT IS A PRESSURE INJURY?

When you stay in one position too long your skin and flesh can get damaged.

The damage can range from a blister to a deep open wound, which can be difficult to treat. If you get a pressure injury it might take months to recover.

Pressure injuries are also known as bed sores, pressure sores, pressure areas, or pressure ulcers. They can develop in a matter of hours.



The first sign of a pressure injury is often a discoloured area that does not turn white when pressed. People with pale skin tend to get red patches, while people with dark skin tend to get purple or blue patches.

You might also feel discomfort or pain.

# ARE YOU AT RISK?

You're more likely to get a pressure injury if you:

- sit or lie for long periods of time
- have damp skin from sweating or incontinence
- have loss of feeling or poor blood flow
- do not eat a balanced diet or stay hydrated
- regularly use medical equipment that touches your skin.

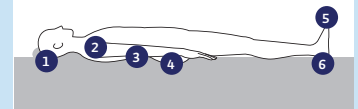
**EVEN IF YOU ARE AT RISK, PRESSURE INJURIES CAN BE AVOIDED**

# WHICH PARTS OF YOUR BODY ARE MOST AT RISK?

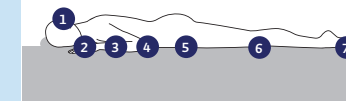
Pressure injuries mostly occur where your body takes your weight and where your bones are close to the surface.

- 1 Head
- 2 Shoulders
- 3 Elbows
- 4 Bottom
- 5 Toes
- 6 Heels

## On your back



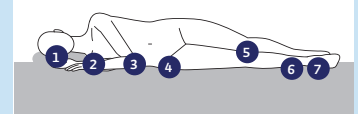
## On your front



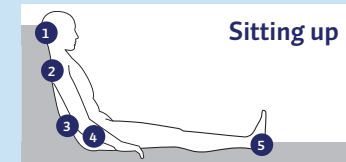
- 1 Head
- 2 Chin
- 3 Chest
- 4 Elbow
- 5 Genitals
- 6 Knee
- 7 Toes

- 1 Ear
- 2 Shoulder
- 3 Elbow (outer)
- 4 Hip
- 5 Knee (inner/outer)
- 6 Ankle
- 7 Heels

## On your side



## Sitting up



- 1 Head
- 2 Shoulder
- 3 Lower back
- 4 Bottom
- 5 Heels

If any of these parts start to hurt talk to your health professional.