

Preventing a Pressure Injury

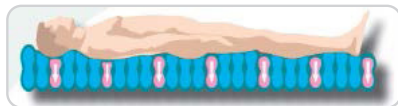


Pressure injuries (sometimes called bed sores) are areas of damage to the skin and underlying tissue caused by unrelieved pressure. This damage can happen when your movement is restricted due to illness or injury and you spend long periods of time in a bed or chair.

A pressure injury can be painful and may delay your discharge home.

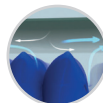
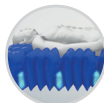
There are a number of simple things you can do to help reduce your risk of developing a pressure injury.

- Keep Moving! Reposition and weight shift as often as you can.
- Keep your skin clean and dry.
- Check your skin regularly for signs of redness, discoloration, itching, tenderness or broken skin and talk to your nurse about it.
- Eat a healthy diet and drink fluids regularly (unless you are on a fluid restriction).
- Use of an Alternating Air Mattress - Talley Pressure Mattress.



For those who are at risk, your facility may have recommended you sleep on an alternating air mattress from ILS. The Talley Mattress you are on has individual cells filled with air which continuously alternate to relieve areas of the body in contact with the mattress. Significantly reducing your risk of pressure injuries in bed.

The mattress has many functions to support your positioning and comfort, so please talk to your nurse if you experience any discomfort whilst on the Talley Mattress.



References:

- Commission, C. (2019). Clinical Excellence Commission - Information for Patients. Retrieved 4 November 2019
- NPUAP/EPUAP/PPPIA Clinical Practice Guidelines Retrieved 4 November 2019