

# PRESSURE ULCERS ARE PREVENTABLE ADVERSE EVENTS

PREVENTING PRESSURE ULCERS (Also known as bedsores, pressure injuries & pressure areas)

Pressure ulcers are a major burden to patients, their carers and society

### **1. IS YOUR PATIENT AT RISK?**

- Conduct a comprehensive risk assessment on admission
- Use a validated pressure ulcer risk assessment tool
- Conduct a complete skin assessment
- Undertake nutritional screening

## 2. IMPLEMENT PREVENTATIVE STRATEGIES

- Reposition regularly
- Use suitable transfer aids
- Use a high quality foam mattress for all at risk
- Use an active support surface for patients at higher risk
- Protect the skin
- Consider high protein oral nutritional supplements
- Inform and educate your patient where possible
- Continue to risk assess and evaluate interventions

WORLD WIDE

PRESSURE ULCER DAY November 20 2014 www.epuap.org

### 3. DOCUMENT ALL

Assessments, management plans and interventions

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