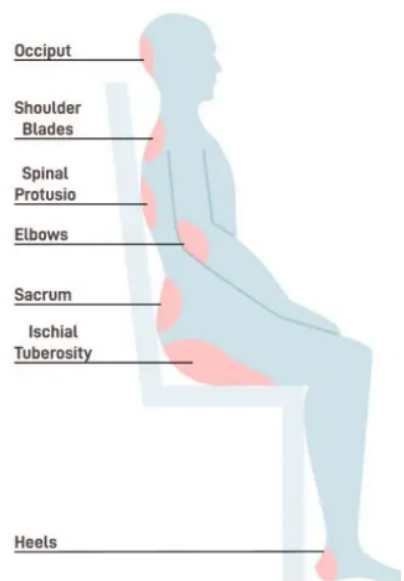


UNDERSTANDING PRESSURE ULCERS (PU)

By Ines Sadoc Pereira

WHAT IS A PU?

“Localised damage to the skin and underlying soft tissue usually over a bony prominence or related to a medical or other device”(EPUAP, 2019).



WHO IS AT RISK?



Groups at higher risk:

- Limited mobility;
- Extremes of age;
- Poor nutrition and/or hydration;
- Diabetes;
- Vascular disease;
- Incontinence;
- Multiple illnesses.

HOW TO PREVENT?

Best way to prevent is to remove the cause:

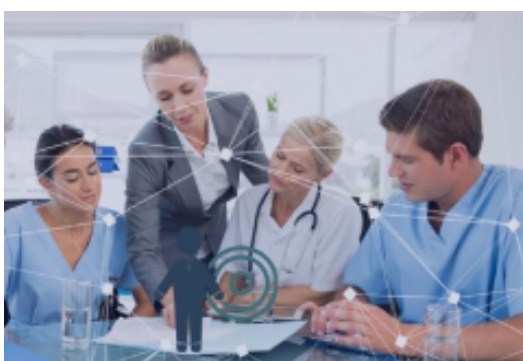
- Continuous pressure;
- Increased moisture.

Improve vascular compromise, if possible.



HOW TO MANAGE

- Change position often;
- Check skin regularly to adjust care plan as required;
- Utilise pressure relieving equipment ;
- Utilize wound care products that support prevention and/or treatment .



A multidisciplinary team approach will lead to better outcomes.

The patients must be involved in the care plan, to ensure their needs are being met.

Working with a Specialist Wound Care Nurse will support a holistic care plan and can lead to positive results.