

What else can you do to help prevent pressure injuries?

- Have a healthy diet and consume plenty of fluids
- Keep your skin clean and dry
- Prepare a posture-changing schedule
- Inform your nurse whenever you need assistance

Reference:

1. Patient education leaflet by Royal Free Hampstead (NHS) and Tissue Viability Society
2. Australian Wound Management Association (2001) Clinical Practice Guidelines for the Prediction and Prevention of Pressure Ulcers, Cambridge Publishing; West Leederville; <http://www.awma.com>.

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(For non-emergency cases)

Please provide name and contact number in text message.

We will contact you by phone to confirm.

Do not send voice messages or graphics.

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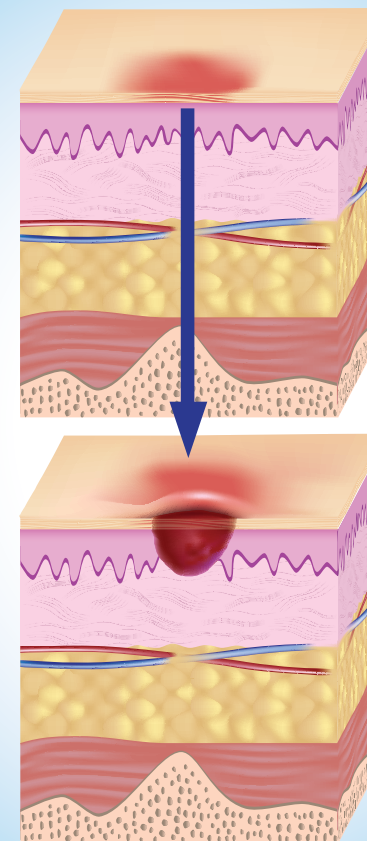
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Consultation Hours
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Pressure Injuries Prevention



What is pressure injury?

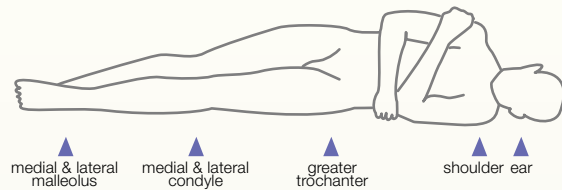
Pressure injury is damage on skin and in the underlying tissues. It occurs within a few hours when one keeps sitting or lying in the same posture without moving for a long time. Early signs of pressure injury include change in skin colour, i.e. slight or dark red.

If left untreated, pressure injury may develop into an open blister or even more serious skin problems.

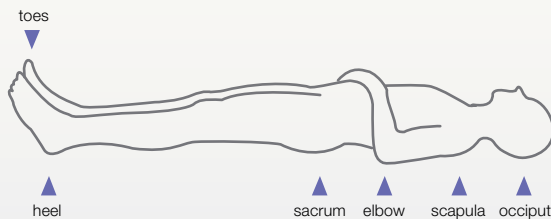
Where do pressure injuries occur?

Pressure injury most likely occurs in areas bearing body weight and bones close to skin surface (graph below).

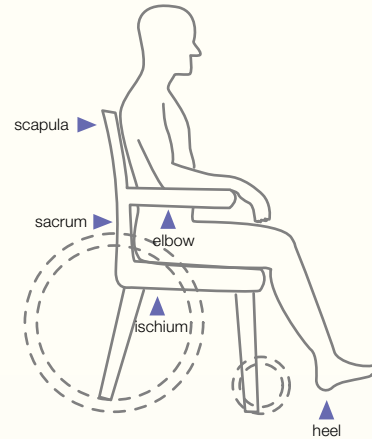
Side



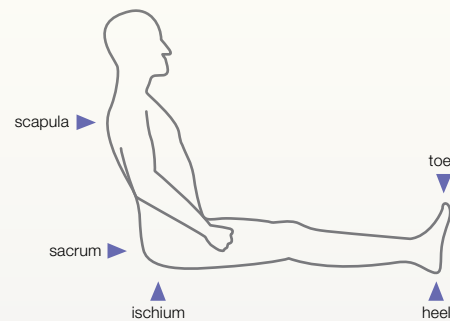
Supine



Sitting



Sitting in bed



Who are prone to pressure injuries?

Those with the following conditions are most likely to develop pressure injuries:

- Confinement to bed/and chair
- Limited mobility
- Serious illness and physical weakness
- Poor blood circulation
- Incontinence
- Regional paralysis (e.g. stroke patients)
- Dehydration/ malnutrition
- Past incidences of pressure injuries

How to avoid pressure injuries?

- Change posture regularly so as not to bear pressure on a single area for a long time
- Use a special air mattress and/or cushion
- Check for any sign of pressure injury
- Patients with low level of mobility should sit for no more than 1 hour at a time
- If patients can move their upper trunk, try to take weight off from bottom every 30 minutes by leaning forward and upwards with support from the chair arms
- Regular change of buttocks position
- Refrain from sitting on chair for more than two hours at a time, even with a special cushion