

## Preventing pressure injuries

### What is a pressure injury?

Pressure injuries, also known as pressure ulcers, bed sores or pressure sores, are blisters or breaks in the skin due to ongoing pressure. Pressure injuries, depending on the size, may take a long time to heal, may become infected, may reduce mobility, may leave a scar and can cause great discomfort and pain.

### How do you get a pressure injury?

Pressure injuries develop if an area of skin is exposed to constant, unrelieved pressure, from friction which may be caused by moving your body across the bed using heels and elbows or prolonged exposure to moisture.

### Who is at risk?

**Anyone can develop a pressure injury.** You may be more at risk though if you are elderly, frail or have any of the following:

- decreased fluid intake
- confined to a bed and have the inability to move freely
- poor diet
- diabetes, poor circulation or a condition that impairs sensation
- history of smoking
- recent weight loss (without trying)
- loss of bladder or bowel control
- scarred or frail skin or have had a history of pressure injuries.

### Where do pressure injuries occur?

Pressure injuries usually develop over bony areas, especially the buttocks, tail bone, heels, elbows, and hips. Refer to Figure 1 for common locations.

Pressure injuries may also develop under medical devices such as stockings or bandages.

### Signs to look for:

- Changes in skin colour—may become red, blue or purple.
- Changes in the temperature of the skin—may be cooler or warmer than surrounding skin.
- Changes to the skin surface—may be blistered, swollen, have calluses, shiny areas or dry patches.

## 預防壓瘡（褥瘡）

### 什麼是壓瘡（褥瘡）？

壓瘡俗稱為褥瘡，壓瘡是因為皮膚局部長期受到未緩解的壓力(或是壓迫)，而形成的痛瘡。有時根據壓瘡大小，可能需要較長的癒合時間，可能被感染，可能影響活動，可能會留下疤痕，並可能導致嚴重的不適和疼痛。

### 為什麼會發生壓瘡？

造成壓瘡傷口的原因是因局部皮膚及其下方的軟組織長時間受到壓迫，造成細胞缺氧而壞死的現象。有的侍候由於患者的腳後跟和手肘在挪動時跟床單和被褥的摩擦，或是皮膚某個部位一直處於浸潤過度狀態，都會造成壓瘡的形成。

### 壓瘡會在哪類患者身上發生？

每個病人都可能有壓瘡形成的風險，但是老年和體力衰弱的病患風險較高，同時也包括以下患者中如果有：

- 液體攝入量減少
- 長期肢體活動不良，局限於床上，無法自由移動。
- 營養不良
- 糖尿病，血液循環不良，或因病喪失正常觸感
- 有吸煙史
- 近期體重下降（非減肥）
- 大小便失禁
- 皮膚脆弱或皮膚上已經有傷痕，或以前有過壓瘡史

### 壓瘡會在身體哪些部位發生？

壓瘡一般會在骨頭突出的部位出現，特別是坐骨部位、尾骨部位、腳後跟、手肘和臀部。請參看圖 1，圖中顯示常見壓瘡出現部位。有時醫療用品如長襪或繃帶穿戴不恰當也會形成壓迫點。

### 壓瘡出現前跡象：

- 局部皮膚顏色改變- 可能發紅，藍或紫色
- 局部溫度改變- 皮膚局部溫度升高或降低
- 局部表皮變化- 可能出現起泡、腫脹、結硬皮、發亮或起幹斑塊

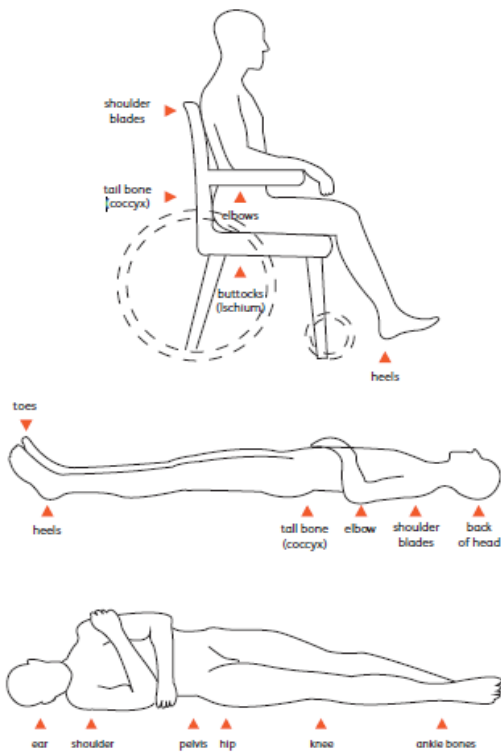


Figure 1: Common sites for pressure injuries

Victorian Quality Council. Preventing Pressure Ulcers. An information booklet for patients. <http://www.health.vic.gov.au/pressureulcers/downloads/ppu/english.pdf>

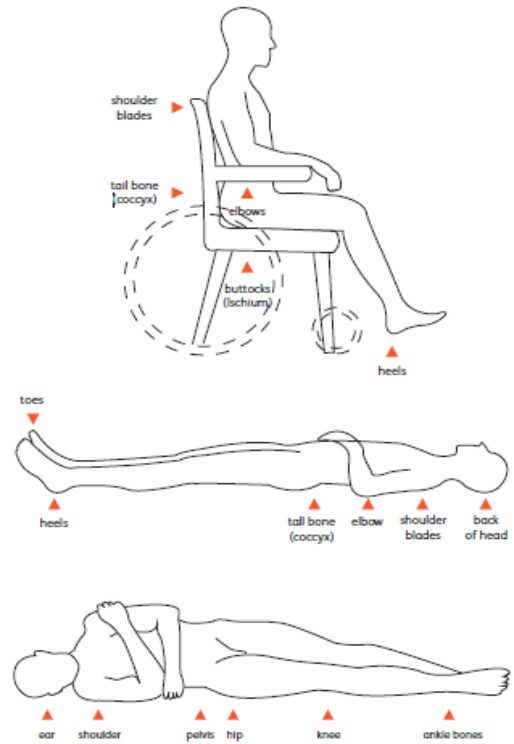


Figure 1: Common sites for pressure injuries

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### What you can do to prevent pressure injuries:

- Inform the nurse caring for you of any painful or reddened areas that may develop.
- Change position regularly, at least every one to two hours.
- If you are unable to reposition by yourself ask staff to assist you.
- Don't drag yourself up the bed.
- If able, get up frequently and move about.
- Notify the nurse caring for you if any medical devices such as stockings or bandages that are causing you discomfort.
- Don't massage or rub the skin as this may cause damage to underlying skin tissue.
- Let the nurse caring for you know if you have any damp bedding or clothes.
- Use a protective cream on the skin.
- Stay hydrated and eat a balanced diet.

### 壓瘡的預防:

- 告訴照顧您護士如果發現局部皮膚變紅或感覺疼痛。
- 定時更換姿勢，至少每一到兩小時更換一次。
- 如果自己無法更換姿勢，請告訴護理人員，讓他們幫助您翻身。
- 避免讓自己的受力部位和床墊床墊產生摩擦。不要硬把自己從床上拖起來。
- 如果自己能動的話，勤換姿勢。
- 如果發現醫療用品例如長襪或繃帶給身體造成不適，請及時告訴護士。
- 避免按摩或摩擦可疑部位的皮膚，這樣可能會對皮下組織造成傷害。
- 如果弄濕床單或衣服，請及時通知護理人員。
- 用護膚劑保護皮膚。
- 保持均衡營養和足夠液體攝入量。

## What your nurse is doing to prevent pressure injuries:

On admission your nurse will determine your risk of developing a pressure injury.

From this, prevention strategies will be put in place which may include placing a pressure relieving mattress on your bed.

The nurse will assess your skin on admission to identify any areas that may be at risk of developing a pressure injury.

If you have a pre-existing pressure injury a treatment plan will be put in place.

The nurses will reassess your risk of developing a pressure injury on a daily basis. This will include checking your skin.

The nurse will come by regularly to reposition you. It is important to change position even if you are comfortable, as pressure injuries can develop quickly.

### Remember:

- Report any painful or reddened areas to your nurse.
- Report anything that is causing discomfort such as stockings or bandages.
- Change position frequently, every one to two hours if possible.
- Stay hydrated and eat well.
- Report any damp or soiled clothes and linen to the nurses caring for you.

### Anyone can develop a pressure injury.

By following some simple steps to reduce your chance of developing a pressure injury, we can assist you to get back on your feet and home to your family and the things you love without delay.

## 護理人員如何幫您預防壓瘡:

為了降低皮膚出現壓瘡，入院時護理人員會為您的皮膚做風險評估。

然後醫護人員會為您制定最佳方案，來預防或減少患壓瘡的風險，例如換減壓床墊。

入院時您的護士會檢查您的皮膚來判斷那個部位患壓瘡的風險較大。

如果您以前有過患壓瘡史，醫護人員會為您制定針對性方案。

住院期間護士每天都會來檢查您的皮膚，這是預防壓瘡的一個環節。

護士會定時來為您翻身，有時就算您覺得身體某個姿勢比較舒服，定時翻身還是很重要，因為壓瘡發展速度很快。

### 請記住:

- 如果發現局部皮膚變紅或感覺疼痛，請告訴護士。
- 如果發現長襪或繃帶給身體造成不適，請及時告訴護士。
- 定時更換姿勢，至少每一到兩小時更換一次。
- 保持均衡營養和保證足夠液體攝入。
- 如果弄濕床單或衣服，請及時通知護士。

### 每個病人都有可能患壓瘡

如果大家能通過以下一些簡單的步驟來降低您患上壓瘡的機會，我們可以幫助您盡快恢復，早日出院，恢復正常生活。