

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.

预防压疮（褥疮）

什么是压疮（褥疮）？

压疮俗称为褥疮，压疮是因为皮肤局部长期受到未缓解的压力(或是压迫)，而形成的痛疮。有时根据压疮大小，可能需要较长的愈合时间，可能被感染，可能影响活动，可能会留下疤痕，并可能导致严重的不适和疼痛。

为什么会发生压疮？

造成压疮伤口的原因是因局部皮肤及其下方的软组织长时间受到压迫，造成细胞缺氧而坏死的现象。有的侍候由于患者的脚后跟和手肘在挪动时跟床单和被褥的摩擦，或是皮肤某个部位一直处于浸润过度状态，都会造成压疮的形成。

压疮会在哪类患者身是发生？

每个病人都可能有压疮形成的风险，但是老年和体力衰弱的病患风险较高，同时也包括以下患者中如果有：

- 液体摄入量减少
- 长期肢体活动不良，局限于床上，无法自由移动
- 营养不良
- 糖尿病，血液循环不良，或因病丧失正常触感
- 有吸烟史
- 近期体重下降（非减肥）
- 大小便失禁
- 皮肤脆弱或皮肤上已经有伤痕，或以前有过压疮史

压疮会在身体哪些部位发生？

压疮一般会在骨头突出的部位出现，特别是座骨部位、尾骨部位、脚后跟、手肘和臀部。请参看图 1，图中显示常见压疮出现部位。有时医疗用品如长袜或绷带穿戴不恰当也会形成压迫点。

压疮出现前迹象：

- 局部皮肤颜色改变 - 可能发红，蓝或紫色
- 局部温度改变- 皮肤局部温度升高或降低
- 局部表皮变化- 可能出现起泡、肿胀、结硬皮、发亮或起干斑块

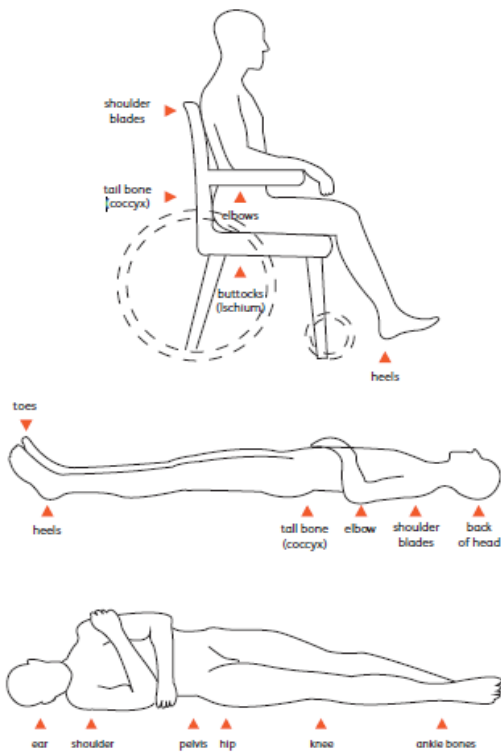


Figure 1: Common sites for pressure injuries

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

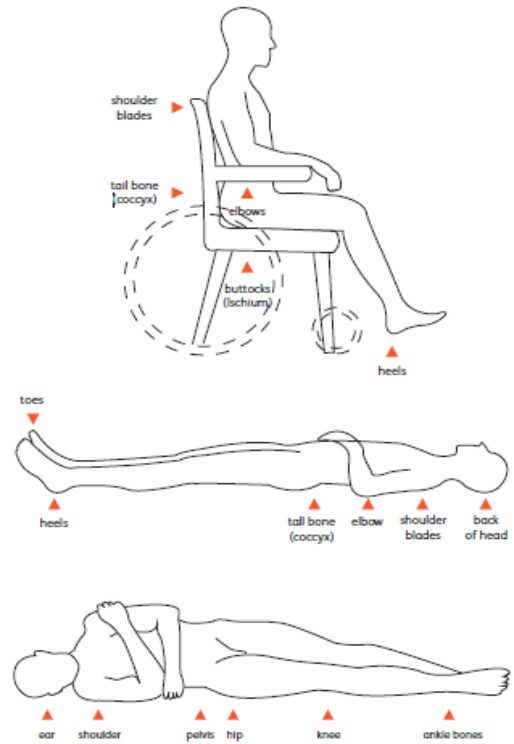


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What you can do to prevent pressure injuries:

- 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.

压疮的预防:

- 告诉照顾您护士如果发现局部皮肤变红或感觉疼痛。
- 定时更换姿势，至少每一到两小时更换一次。
- 如果自己无法更换姿势，请告诉护理人员，让他们帮助您翻身。
- 避免让自己的受力部位和床垫产生摩擦。不要硬把自己从床上拖起来。
- 如果自己能动的话，勤换姿势。
- 如果发现医疗用品例如长袜或绷带给身体造成不适，请及时告诉护士。
- 避免按摩或摩擦可疑部位的皮肤，这样可能会对皮下组织造成伤害。
- 如果弄湿床单或衣服，请及时通知护理人员。
- 用护肤剂保护皮肤。
- 保持均衡营养和足够液体摄入量。

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.

护理人员如何帮您预防压疮:

为了降低皮肤出现压疮，入院时护理人员会为您的皮肤做风险评估。

然后医护人员会为您制定最佳方案，来预防或减少患压疮的风险，例如换减压床垫。

入院时您的护士会检查您的皮肤来判断那个部位患压疮的风险较大。

如果您以前有过患压疮史，医护人员会为您制定针对性方案。

住院期间护士每天都会来检查您的皮肤，这是预防压疮的一个环节。

护士会定时来为您翻身，有时就算您觉得身体某个姿势比较舒服，定时翻身还是很重要，因为压疮发展速度很快。

请记住:

- 如果发现局部皮肤变红或感觉疼痛，请告诉护士。
- 如果您发现长袜或绷带给身体造成不适，请及时告诉护士。
- 定时更换姿势，至少每一到两小时更换一次。
- 保持均衡营养和保证足够液体摄入。
- 如果弄湿床单或衣服，请及时通知护士。

每个病人都有可能患压疮

如果大家能通过以下一些简单的步骤来降低您患上压疮的机会，我们可以帮助您尽快恢复，早日出院，恢复正常生活。