

Stop your skin taking damage

React to red

prevent pressure ulcers with these simple steps

making a difference choice understanding friendly independence care
quality understanding dedication hope enthusiastic specialist compassion safe health service local depe
multiplicity people together help care
ty care choice independence
enthusiasm compassionate



Surface



KeeP moving



Inspect



Nutrition

Pressure ulcers (bed sores) must be taken very seriously.
Please follow our advice overleaf to prevent skin damage.
www.berkshirehealthcare.nhs.uk

**Under
PRESSURE**
Part of our Under Pressure campaign

React to red

It's a wake-up call

Category 1

Category 4

Category 1 - Red, warm or cold sore skin.

Category 2 - Broken, painful, shallow wounds or blisters.

Category 3 - Deep open wounds fatty tissue may be visible.

Category 4 - Deep open or closed wounds extending into muscle, bones and tendons.

Surface

- Don't lie or sit on anything too hard and the surface must be as smooth as is possible.
- If you can, use a pressure relieving mattress or cushions (an alarm sounding may mean your mattress/cushion is faulty, report this straight away).

Inspect and protect

- Check your skin for any **red** areas, particularly your bottom and heels. If you see any **red**, contact your healthcare professional.
- Keep your skin clean (no perfumed soaps) and dry. Use a barrier cream to protect vulnerable areas.

Keep moving

- Keep moving – at least every two hours (stand up, walk, turnover, lean from side to side, lift heels).
- Don't lay on boney parts of your body, never use your heels to push yourself up or stop yourself sliding down.
- Don't slump in your chair.

Nutrition and hydration

- Drink plenty of water and eat a balanced, healthy diet (vegetables, fruit and pulses).

It's everyones business

Healthcare
from the heart of
your community