



WELSH WOUND NETWORK
RHWDWAITH CLWYF CYMRU

PRESSURE ULCERS CAN BE A REAL PAIN IN THE BUTT

Nurses and doctors talk about 'pressure ulcers' but you may know these wounds as BEDSORES which can affect anyone regardless of their age from new born babies through to the elderly.

Pressure ulcers don't just happen when you spend too long ill in bed, people who are seated for long times or who use a wheelchair also need to remember about pressure ulcers.

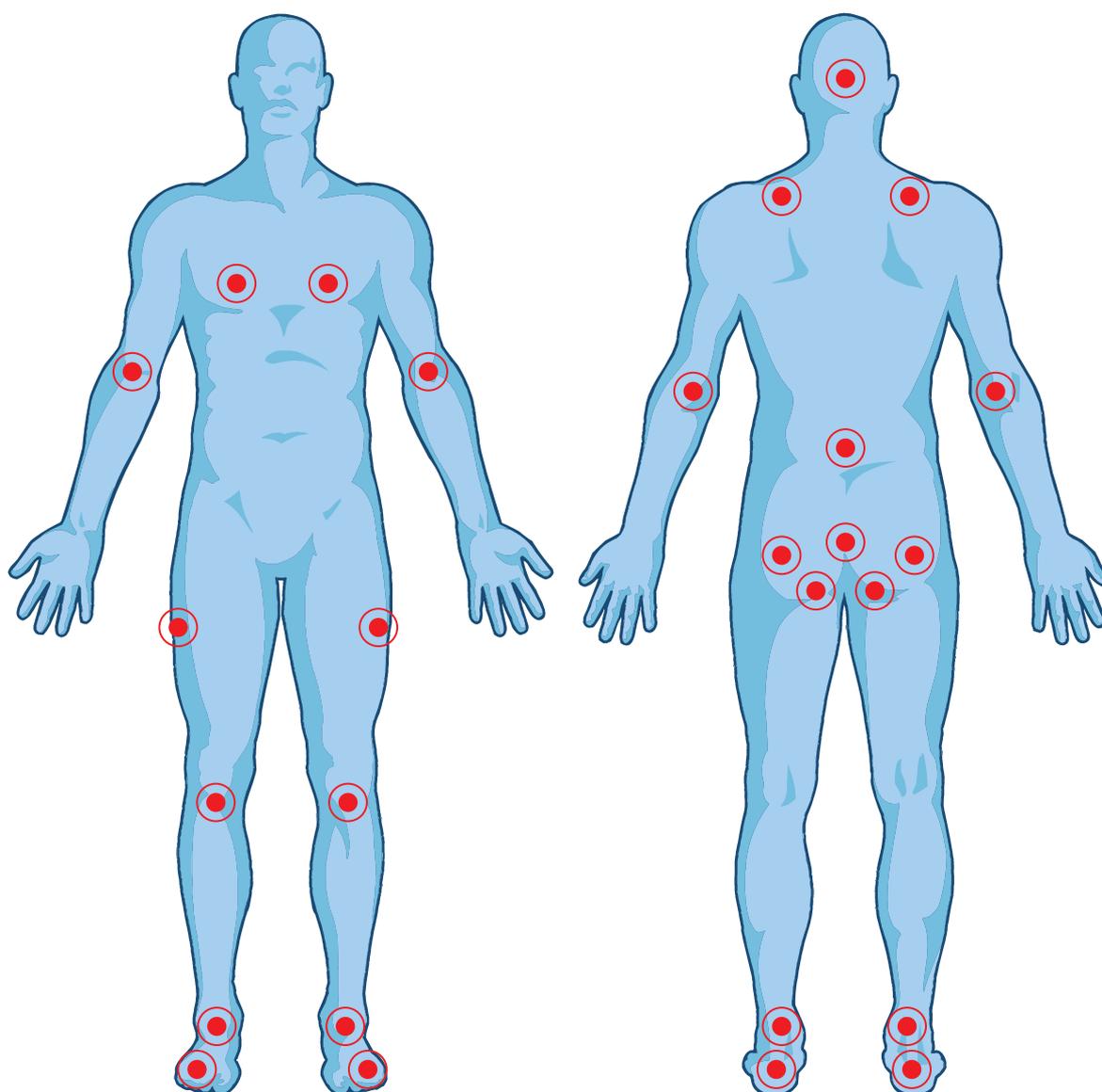
Pressure ulcers hurt, they may smell bad, get infected and take a long time to heal. The good news is that pressure ulcers are usually avoidable and the tips we give here will help you stay free from pressure ulcers.

WHAT TO DO TO AVOID GETTING A PRESSURE ULCER

- Ask for help about pressure ulcers from your nurse or doctor.
- Know your 'bony bits' - pressure ulcers usually start over the bones in your bottom or heels.
- Check your skin around the bony bits for areas that feel 'different' from normal - skin may be red, feel hot or there may be a cut in the skin.
- If you have a sore bottom or heel tell someone that it hurts, don't ignore it as avoiding pressure ulcers is always better than trying to cure them!
- Move regularly when sitting or in bed. If you find it hard to change position ask for help.
- If provided use your equipment such as cushions and special mattresses.
- Keep your skin clean, dry and moisturised.
- Feed your skin with well balanced meals and drink plenty.
- Tell everyone around you about pressure ulcers.
- Be aware if someone you care about may be in danger of developing pressure ulcers.

COMMON LOCATIONS FOR PRESSURE ULCERS

Pressure ulcers can occur at any location on the body but are most common in areas which regularly bear the weight of the body such as the sacrum (base of the spine), buttocks and heels.



For more information read the guide to pressure ulcers available from pressure ulcer experts at www.epuap.org. This is the web-site of the European Pressure Ulcer Advisory Panel the leaders in pressure ulcer care in Wales, the UK and throughout Europe.