

HOME AND COMMUNITY CARE SUPPORT SERVICES

North East

HELPING YOU HEAL



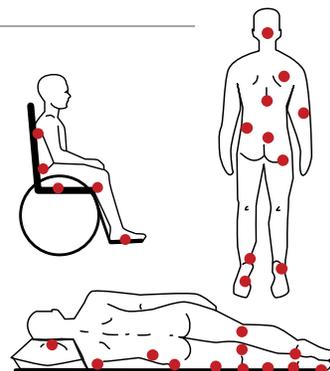
Your Guide to Wound Care

PRESSURE INJURIES

You have a pressure injury, which is a wound caused by pressure on your body.

When there is pressure applied to parts of your body for a long period of time, your blood flow is obstructed and a wound forms. Some pressure injuries are also caused by something rubbing, pushing or pulling in one area.

Pressure injuries happen around bony areas in your body that have little fat or muscle, such as your elbows, buttocks, and back, but they can develop anywhere.



MANAGING YOUR PRESSURE INJURY

Knowing how you may have gotten your pressure injury will help you manage your wound and prevent future pressure injuries from forming. In order to be **YOUR** healthiest, you should:

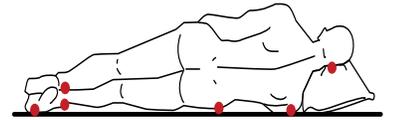
1. Avoid pressure. Pressure is caused when you stay in one position for a long time.
2. Keep your skin clean and dry, but moisturizer should be applied around the injury/periwound area.
3. Avoid friction, pushing and pulling, and nicks and scratches to your skin.
4. Eat a balanced diet that is high in protein, which keeps your skin strong and helps wounds heal.
5. If you smoke, **QUIT!** It's bad for blood flow, your skin, and your body. Your team will talk to you about options that will help you kick the habit! It's truly one of the best things you can do for your body at any age.

REPOSITIONING & TURNING

Repositioning will help free your body from pressure, allowing your pressure injury to heal and preventing others from forming. Your Home and Community Care Support Services North East nurse will teach you and your caregiver about how and when to reposition.

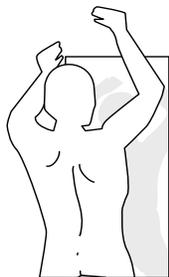
Tips to remember about repositioning:

- Evenly distribute pressure on your body
- Change positions every 2 hours
- Make frequent smaller position changes
- Avoid direct pressure on bony areas such as your hips (lying on your side)
- Use pillows to keep your body away from pressure
- If you are in a wheelchair, your Home and Community Care Support Services North East team will recommend products that will help relieve pressure



AVOIDING NEW PRESSURE INJURIES

Once your healing is underway, you will want to prevent new wounds from forming. The best way to do this is to inspect your skin every day, by yourself or with a caregiver. If you are doing it by yourself, a mirror can help when looking at hard to see areas. Pay special attention to any areas that remain red after you have changed positions. The goal is to find and correct problems BEFORE pressure injuries form.



Examine the body front and back in the mirror, then the right and left sides with the arms raised



Bend your elbows and look carefully at the forearms, and the back of your upper arms



Look at the backs of the legs and feet as well as the spaces between your toes and your soles



Examine the back of the neck and scalp with a hand held mirror

Don't forget to part the hair and examine the scalp



Finally, examine the buttocks and groin area with a hand held mirror