



# ST LUKE'S CARE

— PRIVATE HOSPITAL —

## PRESSURE INJURIES

Pressure injuries, also known as bedsores, are wounds caused by friction, pressure and moisture and often occur when a patient can't change position in a bed. The likelihood of pressure injuries increases if a patient is experiencing decreased circulation or fragile skin, is dehydrated or has a poor diet.

In the event that a pressure injury occurs while in our care, we treat this quickly. Pressure injuries can be painful and damage the skin and muscles, cause infections and other problems, and ultimately impact recovery time.

### What we do to keep you safe

- ❖ *Our staff are trained in pressure injury prevention, including good skincare, regularly helping patients change positions in bed and using pressure-reducing cushions, mattresses and other devices like heel protectors.*
- ❖ *We also prepare pressure injury management plans for each patient.*

### What you can do to help us keep you safe

- ❖ *Change your sitting or lying position if possible.*
- ❖ *Move around if it is safe to do so.*
- ❖ *Alert staff if skin feels different or looks irritated.*
- ❖ *Eat a healthy diet and drink fluids.*
- ❖ *Utilise pressure injury prevention equipment offered by staff.*