

You can help prevent pressure injuries!

Pressure injuries can cause harm to you/your loved ones. They can cause pain, and can also lead to long-term disability or death.

Pressure injuries can take months or even years to heal. Once a pressure injury worsens, it becomes harder to treat and can lead to other complications such as skin or bone infections.

Most pressure injuries are preventable, and prevention is better than cure. As a **patient or caregiver**, you play an important role in preventing pressure injuries. **Make pressure injury prevention your priority today!**

Visit our '**Pressure Injury Hub**' for more useful information and tips on pressure injury prevention and management.

<https://www.healthhub.sg/pressure-injury>



Pressure Injury Prevention

Information leaflet for patients, families, and caregivers

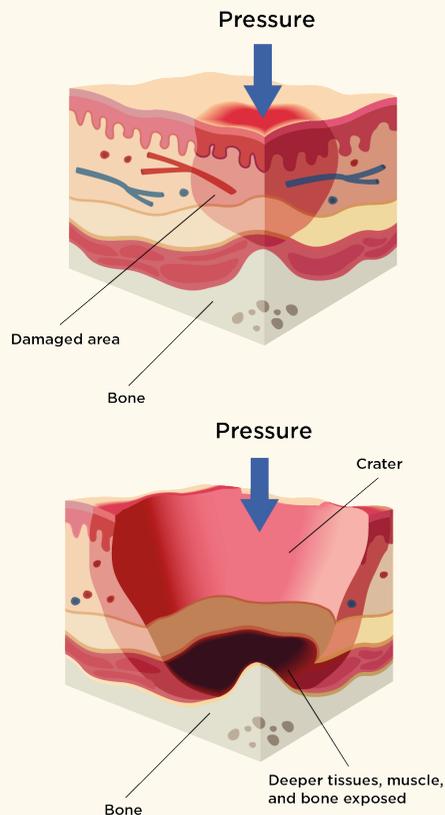


What is a pressure injury?

A pressure injury, also known as pressure ulcer, bedsore, or decubitus ('lying down') ulcer, is an injury or wound on the skin and underlying tissue. It typically develops over the bony areas of the body, from prolonged lying or sitting.

What are the signs of a pressure injury?

A pressure injury often first shows up as a red, warm, or tender spot that does not go away.



If left untreated, the skin can quickly break down. Depending on the extent of damage, the skin may look like a blister filled with blood or clear fluid, or an open wound which may reach the layer of fat, muscle or even bone.

Who is at risk of pressure injuries?

You are at a **higher risk** of getting a pressure injury if you have:



Old age

Skin gets thinner & less elastic with age, increasing the risk of breakdown.



Malnutrition or Obesity

Being underweight reduces muscle and fat protecting the skin. Being overweight puts excess pressure on the skin.



Reduced Mobility

Difficulty in movement can increase risk of continuous stress at pressure-prone areas of the body.



Disease

Conditions that cause poor blood circulation (e.g. heart disease), sensation problems (e.g. nerve/ blood vessel disease), or difficulties moving (e.g. stroke), can increase risk of skin breakdown.



Incontinence

Constantly wet skin (from urine or faeces) is more prone to skin breakdown.

Inform a healthcare professional if you suspect a pressure injury, or have any questions/concerns.

How can you prevent pressure injuries?



Incontinence Care

Ensure good personal hygiene, **keeping skin clean and dry.**



Just Move

If bed-bound, perform **turning at least 2-hourly.** If chair-bound, **change position at least 3 times per hour.**



Reassess Skin Regularly

Examine skin for pressure damage **at least once a day, or after each turning** if chair- or bed-bound.



Nutrition & Hydration

Eat a wide variety of food, with **one protein-rich food at each meal.** Drink **6 to 8 glasses of fluids a day,** unless instructed otherwise by a healthcare professional.



Use Pressure Relieving Surfaces

Ask a healthcare professional about suitable pressure-relieving products if you/your loved one sits or lies still for long periods.



You Should Seek Help Early

Early treatment is key to pressure injury healing. **If you suspect a pressure injury, inform a healthcare professional early.**