



Join BDOFT Tissue Viability Team in the

National

# STOP THE PRESSURE WEEK

13<sup>th</sup>-17<sup>th</sup> November.

LET'S STOP THE PRESSURE TOGETHER!

## Top Tips

**Assess Risk** – Use a validated tool to assess the risk of pressure ulcers for each resident in the home. Once at risk residents are identified, commence a plan of care to reflect prevention.

**Skin Inspection** - Check and document residents skin twice a day. Making sure to document all boney prominences.

**Surface** – Review regularly at risk patients mattresses and cushions and escalate any concerns.

**Keep Moving** - Regular position changes are one of the best ways of preventing pressure damage. Make sure to commence a repositioning schedule for those residents identified as at risk of pressure damage and clearly document how often and in what way they need repositioning.

**Incontinence** – Keep the skin clean and dry from urine, faeces, sweat and wound leakage.

**Nutrition** – Ensure residents consume a healthy, well balanced, nutritious diet. Be aware, elderly people struggle to absorb calories so may require food fortifying and supplements.

**Giving Information** – Communicate effectively and provide information to residents, their families and other staff/teams.

#StopThe  
Pressure