

REACT IF RED

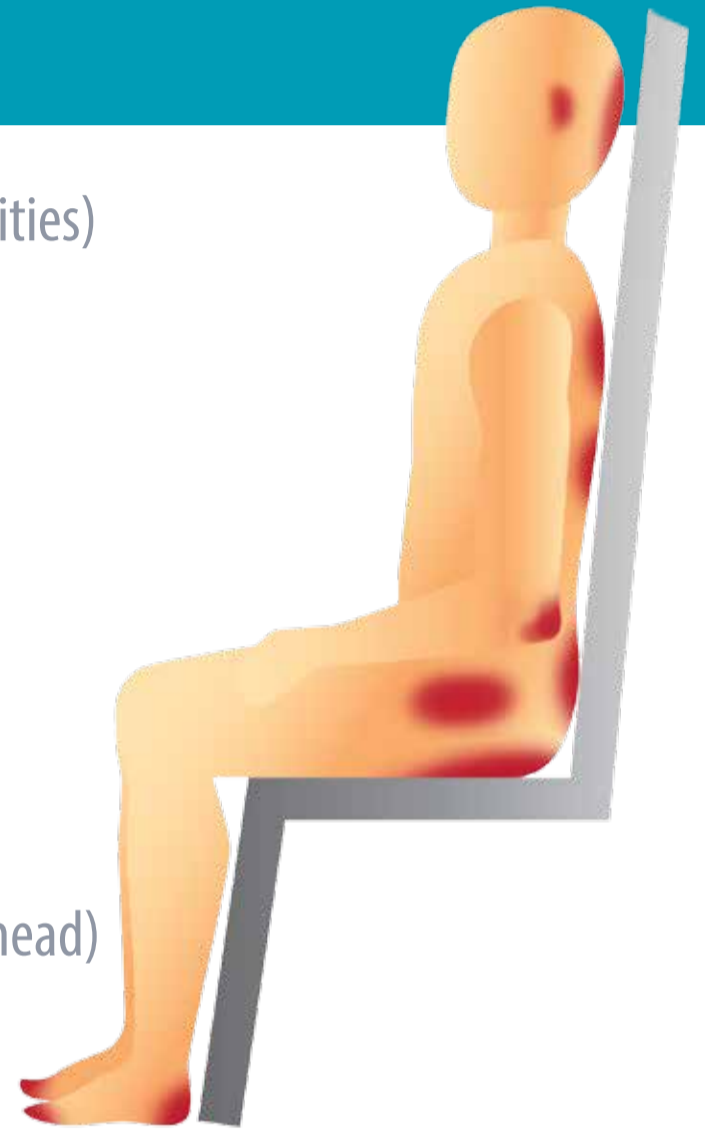
Pressure Ulcer Prevention
Training Pack for Care Homes
& other Care Providers

If you find an area of redness that
does not blanch:
Report to your Tissue Viability Link
Champion or a senior member of staff

Take your 'BEST SHOT'

LOOK at all the areas which are at risk from pressure damage at every opportunity (as a minimum - morning and at night).

- B** - BUTTOCKS (ischial tuberosities)
- E** - ELBOWS/EARS
- S** - SACRUM (bottom)
- T** - TROCHANTERS (hips)
- S** - SPINE/SHOULDERS
- H** - HEELS
- O** - OCCIPITAL AREA (back of head)
- T** - TOES



University Hospitals of Leicester NHS Trust, (2010). Best Shot. Tissue Viability Service.

Prevention is Better Than Cure

Five simple steps you can take to protect your resident from the harm caused by pressure ulcers.

- S** **Surface** → Make sure your residents have the right support
- S** **Skin Inspection** → Early inspection means early detection. Show residents and carers what to look for
- K** **Keep Moving** → Keep your residents moving
- I** **Incontinence & Moisture** → Your residents need to be clean and dry
- N** **Nutrition & Hydration** → Help residents have the right diet and plenty of fluids