

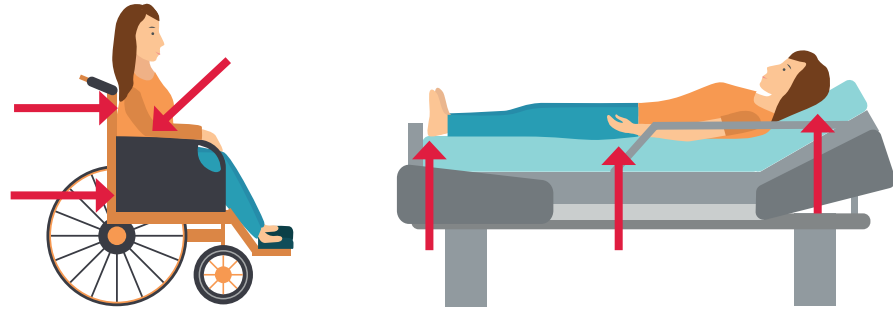
Skin Safety Card



GIG
CYMRU
NHS
WALES

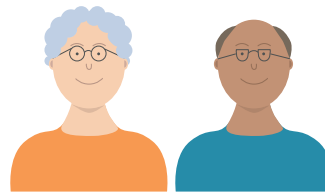
Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Bony areas may be at risk of a pressure ulcer



You may be at higher risk if:

you have diabetes



you are older

you have reduced sensation



These seven tips will help keep you safe:

A S S K I N G



Assessment

Your nurse will check if you are at risk

Surface

A special mattress or device might be used to help protect your skin



Skin inspection

Tell someone if you feel any pain or notice changes in your skin

Keep moving



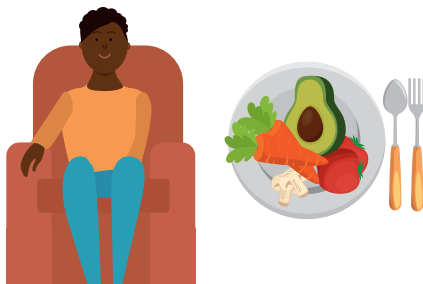
Incontinence

Ask for support with any incontinence needs



Nutrition & Hydration

Keep hydrated and eat well



Give information

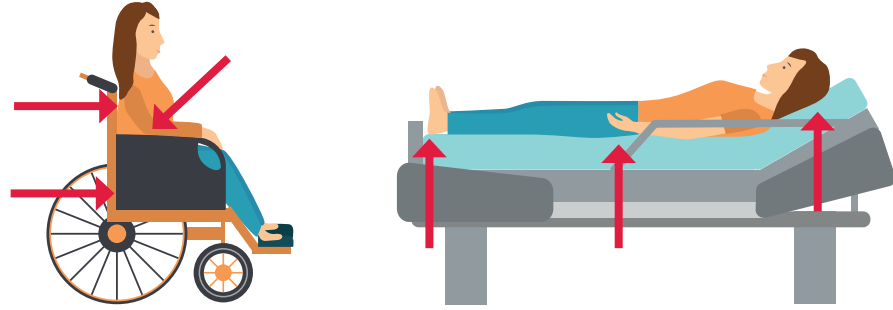
Ask if you would like more information



If you've experienced a pressure ulcer before let us know

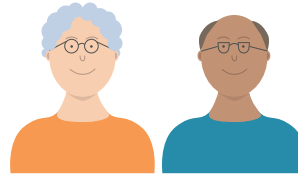


Gall ardaloedd
esgrynog fod
mewn perygl o
wlser pwysedd



Efallai y byddwch mewn mwy o berygl os:

oes gennych ddiabetes



os ydych chi'n hŷn

bod gennych
lai o synhwyriad



Bydd y saith awgrym hyn yn helpu i'ch cadw'n ddiogel:



Asesu

Bydd eich nyrs yn profi
a ydych mewn perygl

Arwyneb

Gellid defnyddio matres
neu ddyfais arbennig i
helpu i ddiogelu eich croen



Arolygiad croen

Dywedwch wrth rywun os ydych
chi'n teimlo unrhyw boen neu'n
sylwi ar newidiadau yn eich croen

**Daliwch
i symud**



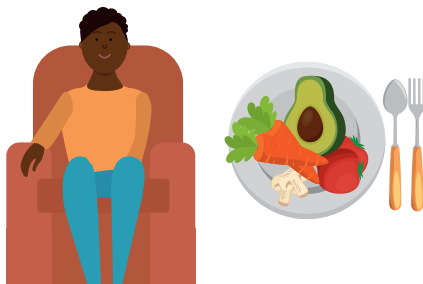
Anymataliaeth

Gofynnwch am gymorth
gydag unrhyw
anghenion anymataliaeth



**Maethiad
a Hydradu**

Yfwch ddigon
a bwytwch yn dda



**Rhoi
gwybodaeth**

Gofynnwch a hoffech
ragor o wybodaeth



Os ydych wedi profi wlser pwysedd
o'r blaen rhwch wybod i ni

