

# Pressure Ulcer Prevention in pictures - Easy Read guide

An information guide



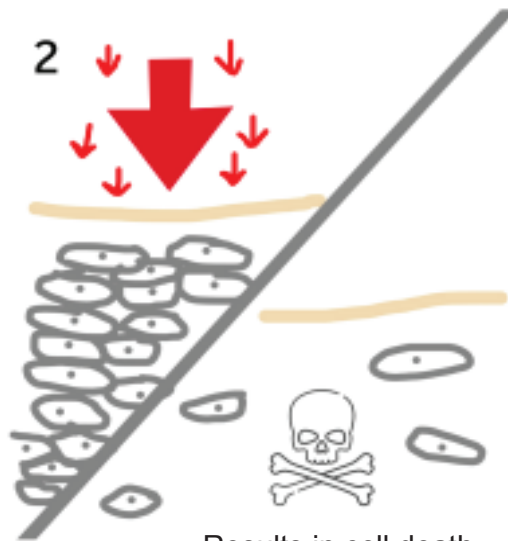
# How Does a Pressure Ulcer Develop?

1



Staying in one position for periods of time.

2



Results in cell death.

3



A pressure ulcer occurs.

4



Pressure ulcers affect different layers of the skin.

5



If this occurs, call the above number for a District Nurse.

6



A Nurse will see you to assess the pressure ulcer.

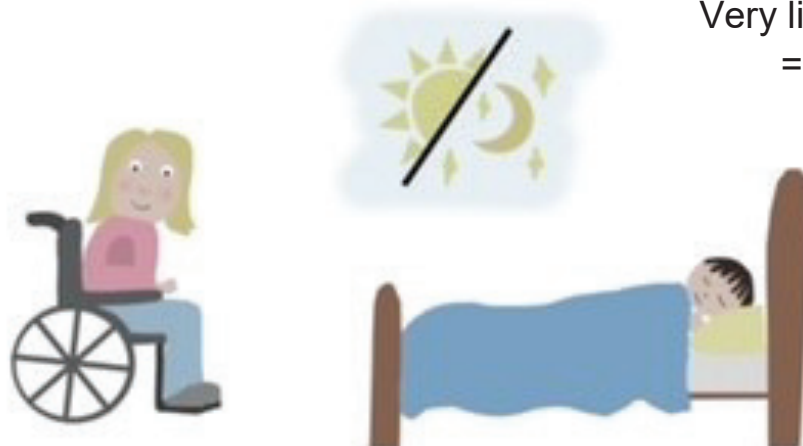
# Risks



Fully mobile =  
low risk



Reduced mobility  
= medium risk



Very limited mobility  
= high risk

# Reducing Risks



Good Nutritional intake and a well balanced diet.



8-10

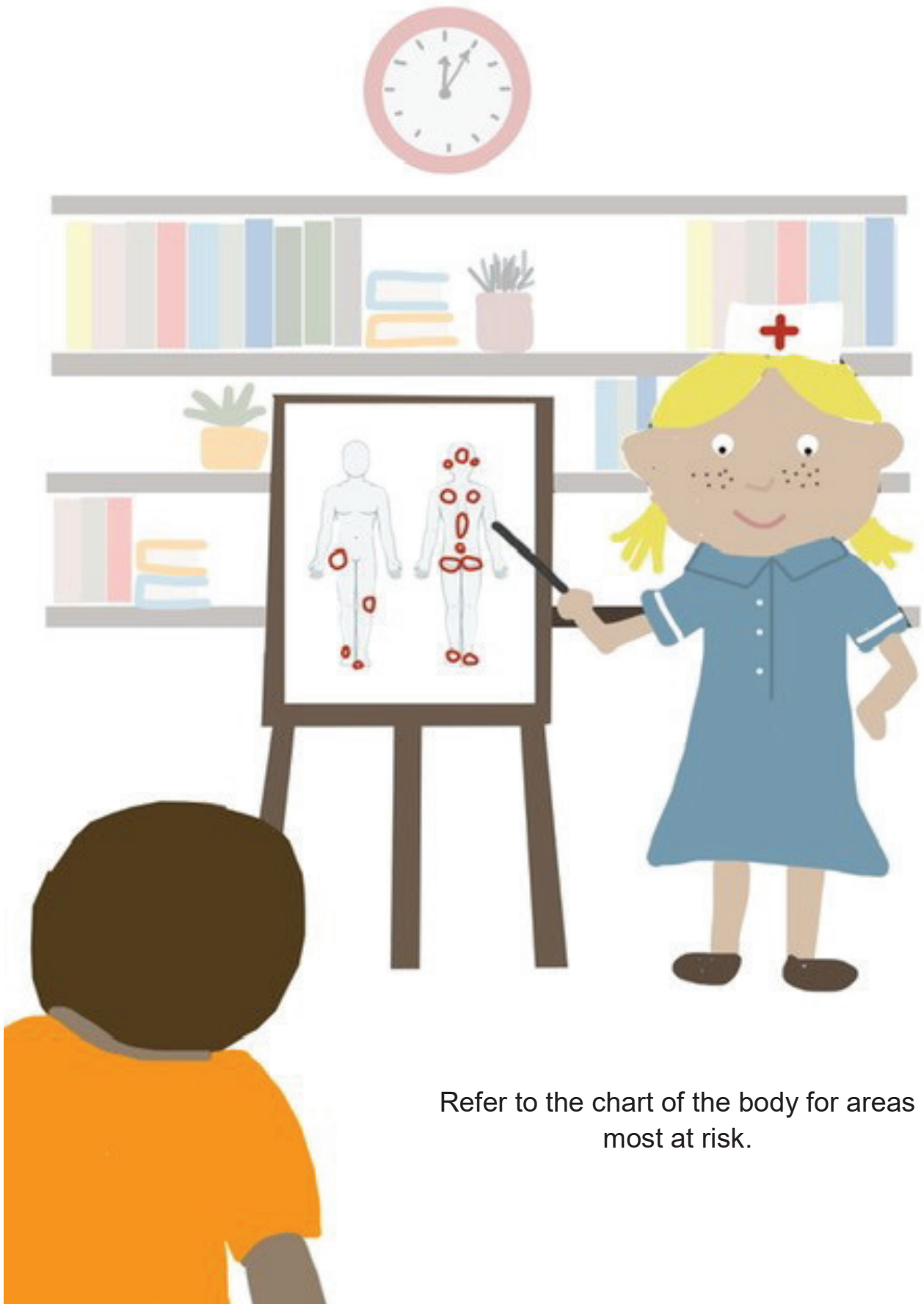
Stay hydrated.



Risk is increased if you have a low body weight.  
Risk decreases with an average body weight.



# At Risk Areas



Refer to the chart of the body for areas most at risk.

# What to Look For



Blistering



Pain



Change of temperature



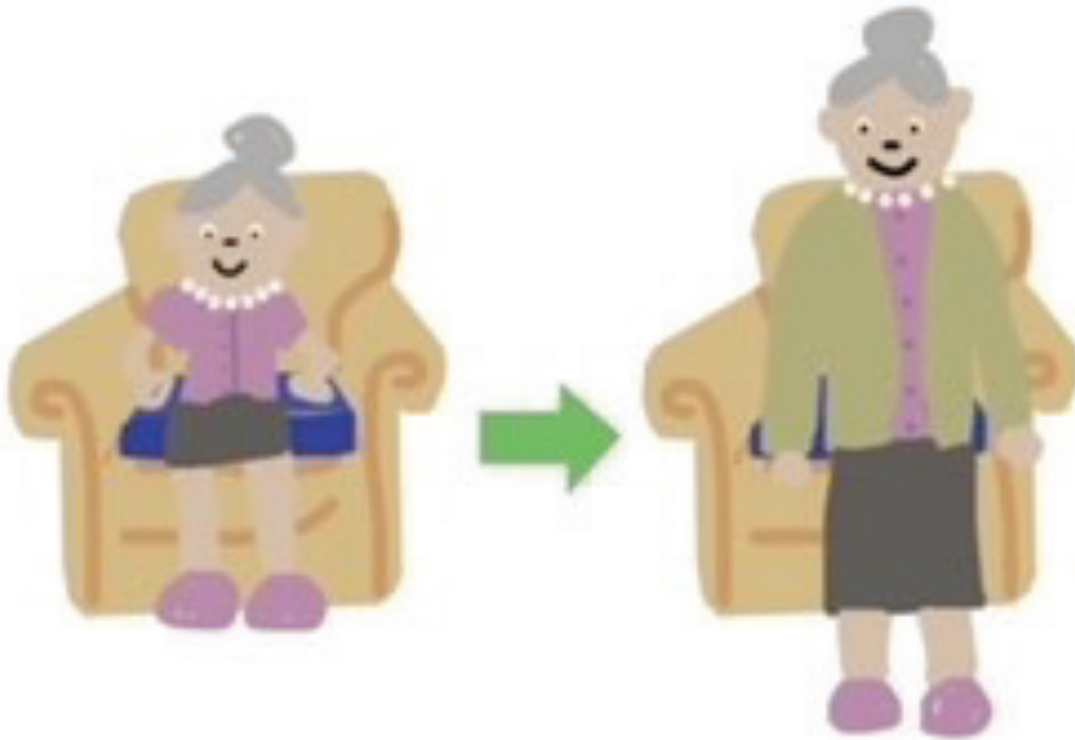
Breaks to skin



Redness or discolouration



# Repositioning



15-30  
minutes

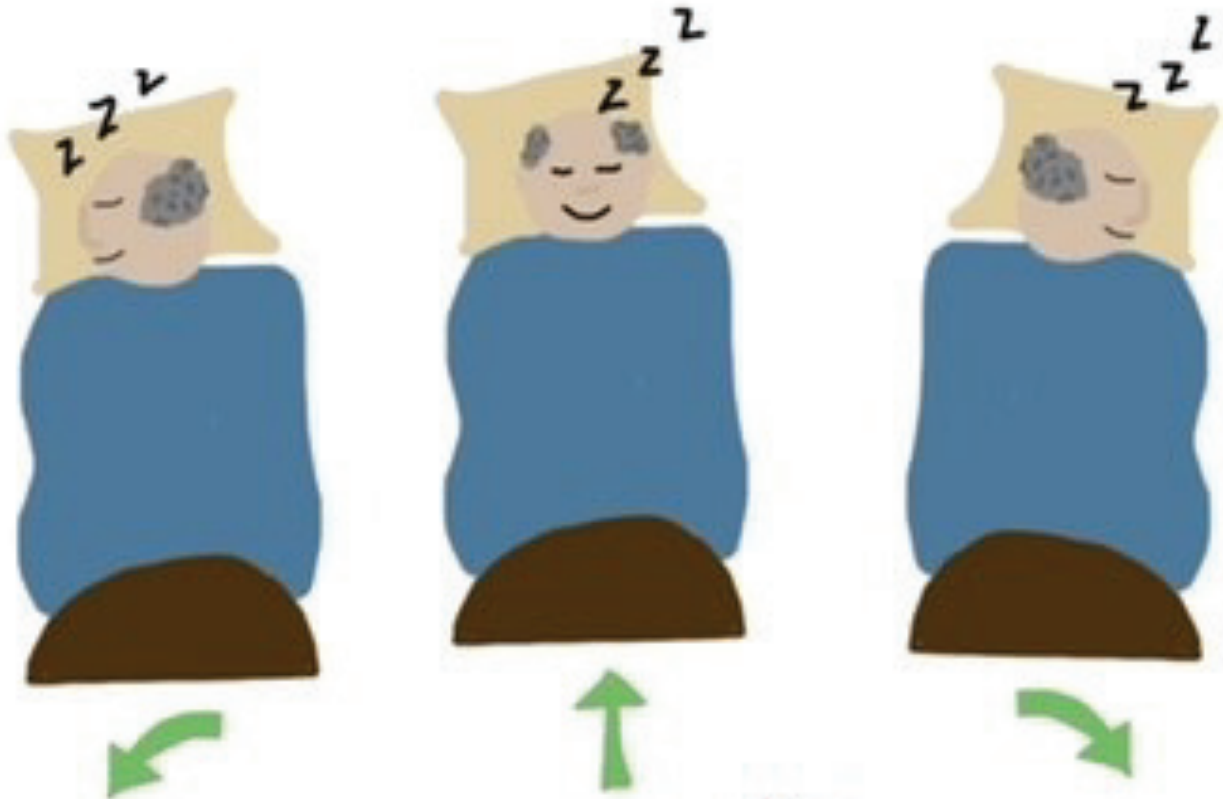


2-3  
minutes



When seated for 12—30 minutes, stand for 2 –3 minutes to relieve pressure.

# Repositioning



When laid in bed, change position every 1 to 2 hours.



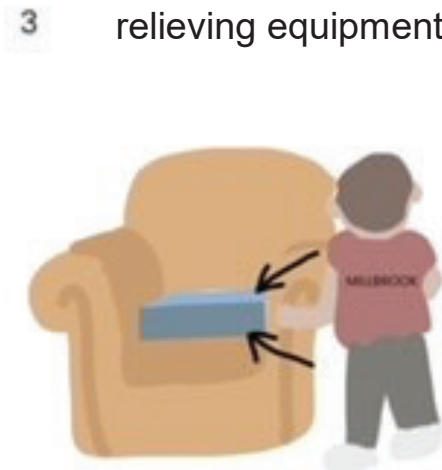
# Equipment



A nurse will assess you and order pressure relieving equipment.



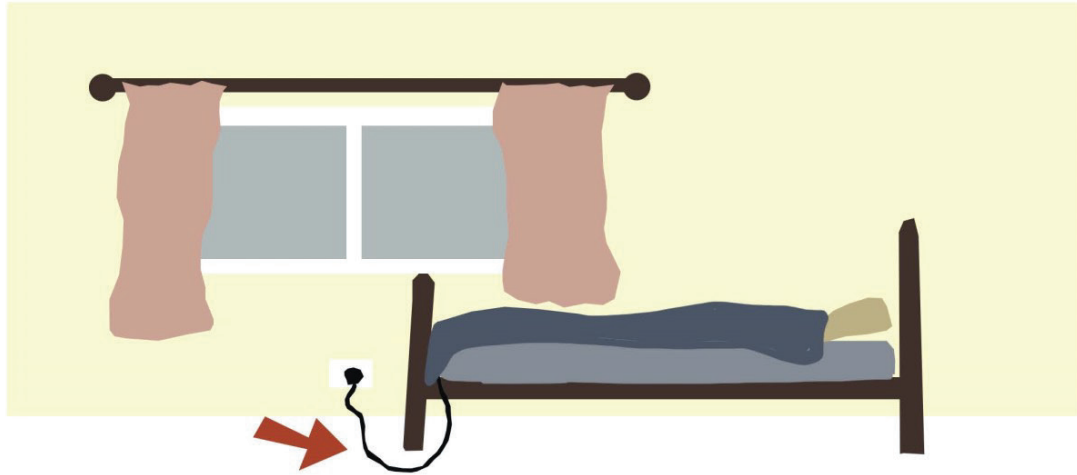
Millbrook deliver equipment.



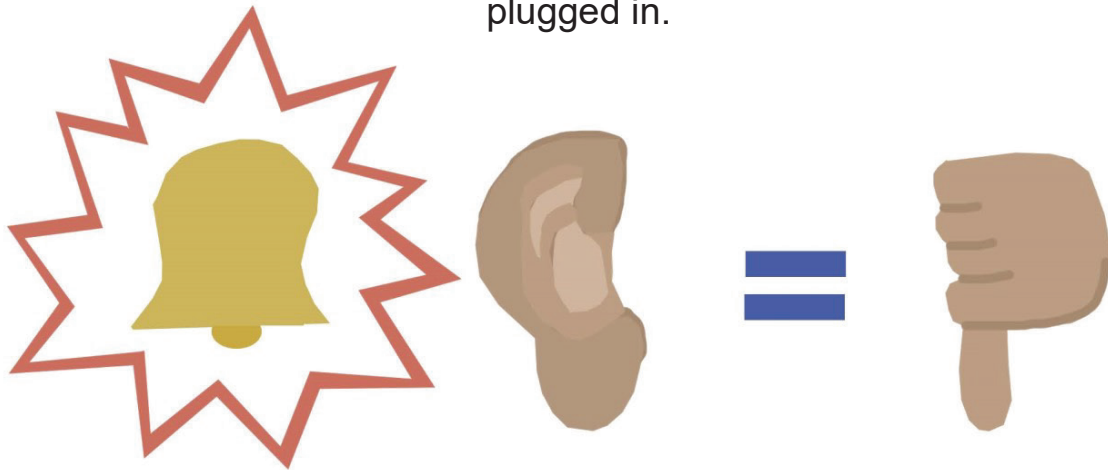
Millbrook will place the pressure relieving equipment in your home.



If you are unsure about the equipment, please phone Millbrook on the above number for support.



This information only applies to mattresses which are required to be plugged in.



If you are able to hear an alarm, you must contact Millbrook on the number below to ask for a repair. An alarm sounding indicates the mattress is not working properly.



A picture guide to pressure ulcer prevention to aid inclusivity and delivery of information for a range of needs.  
Designed for Oldham Care Organisation, Northern Care Alliance NHS Foundation Trust

**Designed, illustrated and created by: Holly Irwin**  
**With Credit to: Jasmine Bishop, for support with colouring and definition of images.**

Copies of this leaflet are available in other formats (e.g. large print or easy read) upon request. Alternative formats may also be available via:

 [www.northerncarealliance.nhs.uk](http://www.northerncarealliance.nhs.uk)

In accordance with the Equality Act we will make reasonable adjustments to enable individuals with disabilities to access our services. Please contact the service or clinic you are attending by phone or email to discuss your requirements.

If you need this leaflet in a language other than English please contact the NCA Central Interpretation Booking Office via the following details:

 **0161 627 8770** or Email:  [Interpretation@nca.nhs.uk](mailto:Interpretation@nca.nhs.uk)

 **07966 003 540** Mobile Text

 **Northern Care Alliance NHS Foundation Trust**

Mayo Building,  
Salford Royal,  
Stott Lane, Salford, M6 8HD

 Main switchboard: **Salford - 0161 789 7373**

 Main switchboard: **Bury, Oldham & Rochdale - 0161 624 0420**

 [www.northerncarealliance.nhs.uk](http://www.northerncarealliance.nhs.uk)

 [@NCAAlliance\\_NHS](https://twitter.com/NCAAlliance_NHS)

 [www.facebook.com/NorthernCareAllianceNHS](https://www.facebook.com/NorthernCareAllianceNHS)

 [www.linkedin.com/company/northern-care-alliance-nhs-foundation-trust](https://www.linkedin.com/company/northern-care-alliance-nhs-foundation-trust)

Date of publication: **January 2024**

Date of review: **January 2024**

Date of next review: **January 2026**

Ref: **PI\_SU\_1893**

© Northern Care Alliance NHS Foundation Trust