



Pressure Injuries

RUNNYMEDE
HEALTHCARE CENTRE

625 Runnymede Rd.
Toronto, ON M6S 3A3
T 416 762 7316
F 416 762 3836
www.runnymedehc.ca



FOR MORE INFORMATION,
CONTACT YOUR NURSE OR
PHYSICIAN.

We make it possible.

What is a pressure injury?

A pressure injury, also known as a bedsore or a pressure ulcer, is an injury to the skin and underlying tissue caused by pressure. A pressure injury can happen when your skin presses against a surface, such as a mattress or wheelchair seat, for too long. The pressure on the blood vessels reduces blood flow to your skin, which can eventually cause a wound.

Pressure injuries usually develop over bony parts of the body, such as the tailbone, shoulders, elbows, hips and heels, as well under medical devices, such as respiratory equipment, stockings, tubes, splints and casts.

Pressure injuries vary in severity and can cause pain, muscle damage and infection.

HOW DO PRESSURE INJURIES HAPPEN?

Pressure injuries begin as a reddened area on the skin and can become an open sore. They can result from intense pressure over a short period of time or from less pressure over a long period of time.

Pressure injuries are more likely to develop in people who:

- Are bedridden or in a wheelchair.

- Have an injury or disease that keeps them from moving normally, feeling pain or communicating pain or pressure.
- Have a condition that makes them sleepy or less alert, have poor blood flow, or wear a medical device.
- Have poor control of their bladder or bowel functions (incontinence).
- Are of certain ethnicities. People of African American and Latino or Hispanic descent are at higher risk compared to other ethnic groups.
- Are malnourished or not well hydrated.
- Have had a pressure injury before.

WHAT YOU CAN DO TO PREVENT PRESSURE INJURIES

Skin care

- Keep your skin clean and dry. Do not rub or massage bony areas
- Moisturize dry skin.
- Use gentle cleansers and skin protectants routinely if you are incontinent.
- Check your skin daily for any changes in colour and for any new blisters or sores. Make sure to check under and around any medical devices and between skin folds.

Pressure

- Move or change positions every two hours when lying down and reposition every 15-30 minutes while in a wheel chair.

- Use pillows or cushions to redistribute pressure.
- Use medical devices that do not rub your skin.
- Use offloading boots to protect heels

Medicine

- Take over-the-counter and prescription medications as instructed. Do not stop taking your antibiotics until finished, even if your condition improves.

WHAT WE WILL DO TO PREVENT PRESSURE INJURIES

Your healthcare providers:

- Will inspect your skin at least daily. Skin under or around medical devices should be checked at least twice a day while you are in the hospital.
- May recommend that you use a special mattress or chair cushion.
- Will evaluate your nutrition and consult a dietitian if needed.
- Will inspect and change any wound dressings regularly.
- Will help you reposition every couple of hours.
- Will adjust any medical devices and braces as needed to limit pressure on your skin.
- Will keep your skin clean and dry.
- May use gentle cleansers and skin protectants if you are incontinent.
- Will moisturize dry skin.