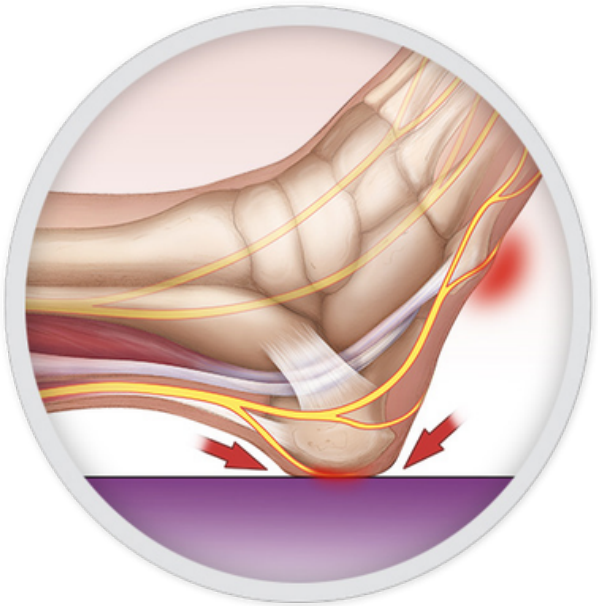

Pressure Injuries

Information for patients, families, and caregivers

FOR MORE INFORMATION, CONTACT YOUR NURSE OR PHYSICIAN.

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

Runnymede Healthcare Centre receives funding from Ontario Health. The opinions expressed in this publication do not necessarily represent the views of Ontario Health.

RUNNYMEDE HEALTHCARE CENTRE

What is a Pressure Injury?

A pressure injury is damage to the skin and underlying tissue caused by unrelieved pressure. The 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, resulting in a wound.

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

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

Pressure injuries are more likely to develop in people who:

- Are bedridden or in a wheelchair
- Have had a pressure injury before
- Have an injury or disease that keeps them from moving normally
- Have a condition that makes them sleepy or drowsy
- Have weak control of their bladder and/or bowel functions (have incontinence issues
- Are malnourished or dehydrated

WHAT CAN YOU DO TO PREVENT PRESSURE INJURIES

Skin Care

- 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
- Keep your skin clean and moisturized
- Use gentle cleansers and skin protectants routinely if you are incontinent
- Do not rub or massage bony areas

Repositioning

- Change positions every two hours when you are in bed
- Reposition yourself every 15-30 minutes while you are in a wheelchair or chair

Pressure Offloading

- Use special cushions to redistribute pressure
- Use pressure-offloading boots to protect heels

WHAT WE WILL DO TO PREVENT PRESSURE INJURIES

Skin Care

- Will inspect your skin daily
- Will check the skin under or around medical devices every shift
- Will adjust any medical devices and braces as needed to avoid pressure injuries
- Will keep your skin clean and dry
- Will use gentle cleansers and skin protectants if you are incontinent
- Will moisturize your skin

Wound Care

- Will inspect and change wound dressings regularly

Repositioning

- Will help you reposition every 2 hours
- Will help you shift weight every 15-30 minutes while you are in a wheelchair or chair

Pressure Offloading

- May recommend that you use a special mattress or chair cushion
- Will use pillows or special pressure-offloading devices to protect your heels

Nutrition

- Will evaluate your nutrition and consult a dietitian if needed