



# **MANAGING MY PRESSURE INJURY RESOURCE GUIDE**

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NAME: \_\_\_\_\_

DATE: \_\_\_\_\_





# What Can I Do to Help Heal?

## Reduce Pressure

Check below what you will do to help heal your pressure injury

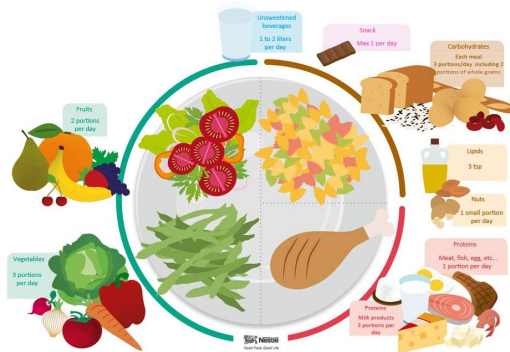
- Shift position in chair every 15 minutes
- Use a special cushion
- Use a special mattress
- Set alarm to remind me to turn
- Get new shoes
- Use foot supports in wheelchair
- Use a pillow between legs, knees and ankles when in bed

## Reduce Friction & Shear

- Lift buttocks from bed or chair before transferring
- Use a transfer sheet and do not drag
- Take care of skin
- Wear cotton clothing when possible

## Good Nutrition

- See a Registered Dietitian
- Take vitamins as directed by physician or Registered Dietitian
- Take a supplement as directed by physician or Registered Dietitian
- Drink 2 litres of fluid a day



# Keep Skin Healthy and Clean

- Go to the bathroom every 2 hours
- Pat skin dry, do not rub
- Use a pH balanced soap
- Use a moisturizer every day
- If incontinent, use a barrier cream
- Bathe regularly
- Wear cotton clothing to help evaporate perspiration
- Avoid hot water – use warm water

## Lifestyle

- Quit smoking
- Exercise daily
- Stand and walk every hour
- See a Physiotherapist



## What NOT to do

- Do not use a doughnut shaped cushion. They just relocate the pressure
- Do not rub reddened areas. It may create more damage
- Do not use sheepskin. It doesn't help.
- Do not do nothing — without treatment, pressure injuries will get worse

# Managing My Pressure Injury

## When Do I Contact the Nurse for Help?

It is important to sustain the treatment of your injury to help the healing.

What is the plan to treat my injury?	
How often will the treatments be done?	
Who will do the treatment?	
Where do I get the supplies for the treatment?	

Who do I contact for help: \_\_\_\_\_

Phone number: \_\_\_\_\_

When do I call for help:

- When the dressing falls off
- When the dressing gets wet
- If you notice fluid draining from under the dressing
- If you have a fever (temperature over 37.5 C)
- If you notice an increase in pain at the site
- If you notice a bad smell
- If you see any signs of new pressure injuries

Check off below what your risks are for developing a pressure injury:

- Age 65 years or older
- Circulatory disease
- Underweight
- Drink less than 1liter of fluid/day
- Bladder Control Problems
- Excessive sweating or moisture
- Use a wheelchair
- Have decreased sensation
- In bed most or all of the time
- Diabetes
- Smoking
- Overweight
- Nutrition Problems
- Bowel Control Problems
- Poor memory
- Sit in chair most of the day
- Need help to turn in bed
- Use a transfer board

## Skin Inspection: What Should I Look For?

It is important to check or have your skin checked daily if you are at risk for pressure injuries.

Things to look for:

- Redness that does not go away 30 minutes after relieving pressure on the area
- Change in colour (reddish, purplish, blackish) in a specific area, especially over bone
- Scratches or blisters
- Cracks or calluses
- Small skin tears (rug burn)

If you notice any of these, continue to monitor and if they do not resolve, contact your healthcare provider

