



Working
together to prevent
pressure injuries

Patient Name:

Service provided by

Sirona
care & health

My pressure injury prevention care plan

My **Waterlow Score** is _____. I have been informed that I am at: **Risk / High risk / Very high risk** (please circle) of developing a pressure injury.

- I have an advocate with a **lasting power of attorney for health and welfare** and they will ensure that my care plan will be followed
- I have a **best interest plan** in place which advises that this plan will be followed

Any other advocate or best interest plan details:

Skin



In order to reduce my risk of developing a pressure injury, I have agreed with my nurse that my care plan will be:

- Check my skin daily as advised
- Ask my carers to help check my skin
- I am unable to check my skin myself. My carers will check my skin **when helping with my hygiene / daily / weekly** (please circle)
- I have been given written information called '**Prevention of Pressure Injuries**'
- To maintain my skin hygiene, which includes cleansing and drying my skin and keeping it moisturised
- I will inform my carers or community nurse if I have a sore area on my skin
- I have chosen not to undertake regular skin checks and I am aware of the potential consequences

My community nursing team will:

- Liaise with my carers – I have given my permission for them to do this
- Liaise with my advocate

Additional information relating to skin care and reviews:

Support surfaces (bed, chair, wheelchair)



In order to reduce my risk of developing a pressure injury my care plan is:

- To use pressure relieving equipment provided by my community nurse or therapist in the manner as advised by them
- To discuss any equipment-related concerns which prevent me using the equipment with my community nurse or therapist
- To report any equipment faults or alarms to the equipment supplier
- For my carers, or advocate, to report any equipment problems to the equipment supplier
- To take weight off my heels using **equipment / techniques** (please circle) as advised by my community nurse or therapist
- I have declined to use recommended equipment and I understand the potential consequences
- My advocate has declined my usage of the recommended equipment and understands the potential consequences, and has discussed this decision with my community nurse or therapist

My community nursing team will:

- Assess my needs and arrange appropriate equipment for me
- Refer to other healthcare professionals as appropriate

Additional information relating to support surfaces:

Keep moving



During the day I need to move or be repositioned regularly:

In order to reduce my risk of developing a pressure injury my care plan is:

- To maintain my independence by **standing / walking / shifting my weight / rolling every 2-4 hours** (please circle)
- For my carers to support and encourage me to change position and move regularly
- For my carers to reposition me **at intervals of one hour / at intervals of two hours / each visit** (please circle)

During the night I need to reposition periodically:

- I am able to do this myself
- I have carers or family that help me move
- I am unable to move myself at all and so would benefit from a dynamic mattress to relieve pressure for me
- I am unable to move myself at all but I don't wish to have a dynamic mattress

My community nursing team will:

- Provide equipment to assist my mobility
- Refer me to **occupational therapy / physiotherapy / the Enablement Centre** (please circle)

Additional information relating to keeping moving:

Continence promotion



In order to reduce my risk of developing a pressure injury my care plan is:

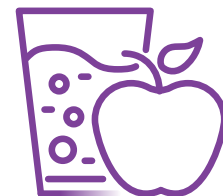
- To use continence promotion products or equipment
- To regularly use recommended skin care and barrier products as directed by the nurse
- For my carers to apply recommended barrier products.
- To use my catheter passport
- To keep my skin clean, dry and moisturised

My community nursing team will:

- Assess my continence status if required
- Refer me to the bladder and bowel service
- Discuss and arrange equipment according to my needs to enable me to maintain my continence.
- Liaise with my **carers / advocate** (please circle) on the use of barrier products.

Additional information relating to continence promotion:

Nutrition and hydration



My body mass index (BMI) is:

- More than 25.0kg/m² (Overweight or obese)
- 20.0-25.0kg/m²
- 18.5-20.0kg/m²
- Less than 18.5kg/m²

My current appetite

- I have a healthy appetite
- I have a poor appetite

My Malnutrition Universal Screening Tool (MUST) score is: _____

- 0 (low risk of malnutrition)
- 1 (medium risk of malnutrition)
- 2 (high risk of malnutrition)
- 3 (high risk of malnutrition)
- 4 or more (high risk of malnutrition)

Diabetes

- I have diabetes
- I don't have diabetes
- My diabetes is well controlled
- My diabetes is poorly controlled

Nutritional plan

In order to keep my skin as healthy as possible to prevent injury:

- I need to follow my nutritional care plan, which has been discussed with me or my advocate by my Community Nurse
- I need to maintain a healthy weight for me
- My weight and my 'MUST' score needs to be monitored by my community nurse **every week / every month / every four months** (please circle). If a clinical concern arises this can change.
- Resources on 'Eating well for wound healing' can be found on Sirona's website under Advice and Guidance – Leaflet Library - Nutrition and Dietetics Dietetics.

Hydration

- I drink 6-8 or more cups of fluid a day
- I drink less than 6 cups of fluid a day
- My urine colour is pale
- My urine colour is dark

Hydration

- I have been given the 'Keeping Hydrated' and or 'Hydration Boosters' resource
- To follow advice and drink **4 / 5 / 6 / 7 / 8 / 9 / 10** (please circle) or more cups of fluid per day which has been discussed with **me / my carers / my family** (please circle) by my **community nurse / specialist nurse** (please circle)

My community nursing team will:

- Discuss any changes to my care plan (where required) and update as stated
- Refer me to the dietitian for specialist advice and guidance
- Refer me to my general practitioner

Additional information relating to nutrition and hydration:

My care plan will be reviewed if my health needs change

<p>I have / my advocate has given my permission for this care plan to be shared with my carers.</p>	<p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p><input type="checkbox"/> N/A</p> <p><input type="checkbox"/> See mental capacity records</p>
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Signature of patient	
Signature of my advocate/lasting power of attorney for health and welfare (if applicable)	
Signature of health professional	
Date	

Prevention of pressure injuries

Are you at risk?

What is a pressure injury?

A pressure injury, or ulcer/sore, is damage which has occurred to the skin and deeper tissues as a result of pressure.

What causes pressure injuries?

Pressure is caused from the weight of the body pressing down on an area of skin. This reduces blood supply to the area resulting in skin damage, which may appear as a red area, blister, or an open wound.

Shearing forces can also cause skin damage. This is when the layers of skin are forced to slide over one another, for example when you slide down, or are pulled up in a bed or chair.



Open Wound

Who's at risk?

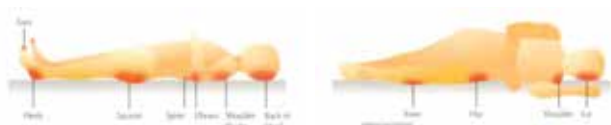
Pressure injuries can affect anyone, but particularly people:

- With poor mobility and who have problems with changing their position
- With reduced body sensation
- With poor nutritional status, reduced appetite/ weight loss
- Who are acutely ill
- With incontinence
- With poor circulation

Common sites for pressure injuries

Pressure injuries usually develop over the bony areas of the body, these include

- Bottom
- Elbows
- Ears
- Heels
- Spine and hips



Observing the skin

A change in colour is often the first sign of a pressure injury. This may lead to:

- A hard, swollen, warm area
- Broken skin
- A blister
- An open wound

This may or may not be associated with pain or discomfort.

It is normal for a red mark to appear on the skin following pressure. Within 20 minutes of pressure relief this should disappear. With darker skin tones this may present as a darker purple discolouration.

If after 20 minutes the skin marking does not disappear, this may indicate pressure injury.



Red Area

How to prevent pressure injuries



Skin inspection

Regularly check your skin for signs of early damage, as this will allow action to be taken to prevent a pressure injury from forming.

Be aware of your skin's normal colour, texture and temperature, this will help you identify any changes that occur due to pressure.

It is particularly important to check the areas that you sit and lie on. If you are not able to do this yourself, ask a carer to do this for you.



Skin care

Keep your skin clean and dry. Wash the skin daily. If your skin requires more frequent washing, for example due to incontinence, use a soap substitute, to prevent stripping the skin of its natural protective oils. Ask your pharmacist for advice on the available products.



Incontinence

If incontinence is a problem this can increase your risk of pressure injuries as your skin will be more vulnerable to damage. Advice can be obtained from a health care professional.



Keep moving and changing position

If you do have any signs of skin damage try to avoid sitting or lying on this area. Contact a health care professional for advice.

Changing your position regularly even by a small amount, will help.

If you are unable to move or change your position alone, your carer may need to help you.

It is good to have position changes as part of your daily routine.



Nutrition

Eating a nutritious diet and drinking plenty of fluids will help keep your skin in good condition.

Try to eat regular well-balanced meals and drink plenty of fluids, especially in hot weather.



Holidays

If you have an existing pressure injury or are at risk, please discuss your holiday arrangements with a health care professional. You may need to take pressure relieving equipment with you and a plan put in place for the time you are away. Please inform your health care professional when you return.

Contact

If you are concerned that you may have pressure injury, or are at risk, contact a health care professional for advice.

A healthcare professional will be able to offer advice, assess your needs, and devise an individualised plan of care with you.

Telephone: 0300 125 6565

**Let us know what you
think and get involved**

T: 0300 124 5300*

E: sirona.hello@nhs.net

W: www.sirona-cic.org.uk

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

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