

Stop the Pressure- How to motivate and educate patients and carers to prevent pressure ulcers.

### Key messages for Patients and Carers

1. A pressure ulcer is damage on the skin and underlying tissue that can lead to an open wound. They are caused by pressure and friction on bony areas like your bottom, heel, hip, elbow, ankle, shoulder and back of your head.
2. Pressure ulcers (bed sores) are painful and distressing.
3. Many pressure ulcers ressure ulcers can be prevented by taking a few simple steps. .
4. It is estimated that just under half a million people in the UK will develop at least one pressure ulcer, in any given year, if they don't know how to prevent them.
5. You are most at risk if you:
  - cannot move easily
  - have poor nutrition
  - have a health condition
  - are aged over 70
  - suffer from incontinence
6. Check your skin regularly to spot the warning signs that a pressure ulcer is forming.
7. Look out for discolouring, soreness and pain, particularly in areas where your bones are close to the skin, such as your bottom and your heels.
8. If you think you have a pressure ulcer, check it out with any healthcare professional, NHS Direct on 0845 4647 or [nhs.uk/conditions/pressureulcers](http://nhs.uk/conditions/pressureulcers).
9. Ask healthcare workers to look at [www.stopthepressure.com](http://www.stopthepressure.com)