

Pressure Ulcer Triggers

Birmingham Community Healthcare



NHS Trust



Birmingham City Council

Please tick and initial when you observe any of the following symptoms and place a cross and initial if no symptoms are observed.

Name: _____

Date: _____

Care First N^o: _____

S Is the person that you are caring for feeling **Sick or unwell?** Have they had a recent visit from the GP or needs to see the GP?

S Does their **Skin look red or sore?**
This is one of the first indicators of a pressure ulcer developing, especially if it is over a pressure point such as heels, buttocks and base of back

K Is the person that you are caring for unable to **Keep moving?** Are they spending more time in the chair or not going to bed?

I Has the person that you are caring for become **Incontinent (skin is wet with urine or faeces)** and there is no district nurse skincare plan?

N Do they have adequate **Nutrition (are they eating and drinking properly)?**
Reduced intake of food and drink can increase the risk of developing pressure ulcers.

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
K	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If 4 or more areas are ticked on more than 3 days, or skin is ticked on 2 consecutive days contact your Home Care Organiser.

www.your-turn.org.uk

Think.....

