



Think.....



Are you at risk of pressure ulcers?

Low risk

You can change your position, without help or prompting. You have a good appetite and no acute health problems.

Medium risk

You may have reduced mobility and require prompting to move regularly. You may have occasional incontinence and a poor appetite.

High risk

You cannot change your position, without help or prompting. You may have persistent incontinence, poor appetite and poor general health.

There are things we need to know when we're not around.....

Tell us if you're not eating as much as you used to

Tell us if you think there's a problem with your cushion/mattress

Tell us if you're not moving as much as you used to

Tell us if you have a sore bottom or sore heels / hips / elbows

Tell us if you have a chest or urine infection

Tell us if you are having incontinence problems

Tell us if you're sleeping in your chair rather than the bed

Tell us:  **0300 555 1919**

Think.....



All of the above increase your risk of developing a pressure ulcer and move you from low risk green, to high risk red.
Tell us: Call the district nurse message taking service on Tel: 0300 555 1919