

This information sheet has been developed for those patients who have been identified as having a pressure ulcer. It gives information about the cause of these ulcers as well as steps that can be taken to help heal these ulcers. If you have any questions about the information provided in this sheet, please ask the staff member assisting with your care.

- Pressure ulcers form when there is constant pressure on certain parts of the body. Long periods of unrelieved pressure cause or worsen pressure ulcers and can slow healing once these ulcers have developed, Relieving pressure is the first step to healing one of these ulcers.
- Pressure ulcers usually form on parts of the body over bony prominences (such as hips and heels) that bear weight when you sit or lie down for a long time.
- Use foam pads or pillows to keep knees or ankles from touching.
- Change position at least every two hours while bed and every 20 to 30 minutes while sitting in a chair.
- Do not rest directly on your hip bone when lying on your side.
- When you lie on your back, keep your heels off of the bed by placing a thin foam pad or pillow under your legs from mid-calf to ankles. The pad or pillow should raise the heels just enough such that a piece of paper can be passed between them and the bed. Do not put the pillow under your knees. Waffle boots are available in the clinic, which achieve the same affect.
- Do not use donut-shaped (ring) cushions as they reduce blood flow to tissue.
- Raise the head of your bed as little as possible. If you have other health problems (such as respiratory ailments) that are improved by sitting up, ask your physician which positions are best. You may sit upright during meals to prevent choking, but lower the head of the bed one hour after eating to 30 degrees or lower.
- Avoid sitting directly on a pressure sore.
- Avoid bearing weight on a pressure sore.
- Avoid pulling, shoving, or pushing motions to move and/or transfer individuals in bed. Friction occurs when the skin moves across the bone and can make the wound worse.
- Special support surfaces (cushions or mattresses) can be prescribed to relieve pressure and help the wound to heal.
- Patients with this type of wound need to optimize their nutrition with special emphasis placed on protein intake.

_____		<input type="checkbox"/> M <input type="checkbox"/> F	_____	I have read and understand the above instructions.
Patient-Last Name, First Name, Middle Initial		Age		
_____	_____	_____	_____	
Admission Number	Date	Birth Date	Patient/Patient Representative Signature	
_____				
Physician Name				
_____	_____	_____	_____	_____
Patient Identification	Medical Record Number	Witness Signature	Date/Time	