

# Move! Move! Move!

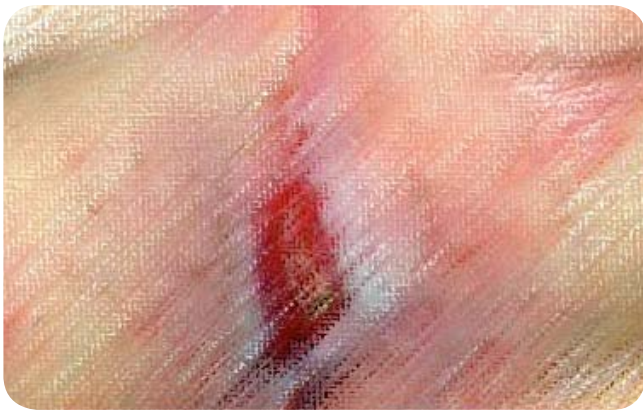
## How to avoid a pressure injury

### About pressure injuries

A pressure injury (also called a 'bed sore' or 'ulcer') is a painful wound that affects the skin and the flesh under it.

Your skin may:

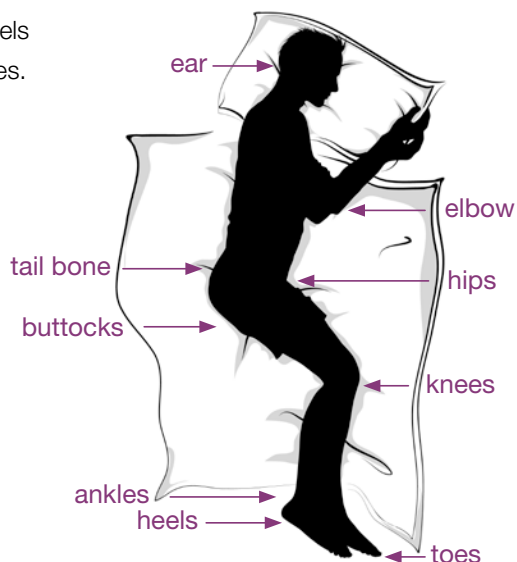
- look blistered
- change colour, usually to red
- feel hard or puffy
- feel warm
- break or split.



Your skin needs blood flow to be healthy. If you sit or lie in a chair a lot, over time the weight on the bony parts of your body stops blood from flowing.

Pressure injuries can show up over bony areas like:

- buttocks
- heels
- toes.



Other things can affect your skin:

- diabetes
- loss of bowel or bladder control
- numbness or spinal injury
- poor food choices.

### What to do?

#### 1. MOVE, MOVE, MOVE!

- Keep active – change how you sit or lie often. Even small body shifts help.
- Avoid sitting up in bed for long periods. This puts pressure on your tailbone.
- Ease sore spots with an air mattress, cushions, pillows or booties.

Staff will help if you can't do these things yourself.

#### 2. CHECK YOUR SKIN

- Is your skin red, blistered, or broken?
- Do you have any pain near a bony area?
- Are your bed or clothes damp?

Talk with your pharmacy about using:

- mild (pH-neutral) soaps
- **water-based** creams.

**DO NOT** rub or massage bony parts of your body.

**DO NOT** use anything that will dry out your skin, like oils, powders or talc.

#### 3. EAT RIGHT

Eat a healthy and nutritious diet.

If you have diabetes:

- check your blood glucose levels
- keep them in the normal range.

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