

## 8 Top Tips for Health & Social Care Professionals

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### Deliver excellent **CARE** by:

- Identifying patients who are at risk of developing pressure ulcers
- Preventing the development of pressure ulcers:
- **S**upport Surface – Providing a pressure relieving mattress and cushion
- **S**kin assessment – Assessing skin for red or broken areas
- **K**eeP moving – Changing position to stop the pressure
- **I**ncontinence/Moisture – Assessing skin for wetness
- **N**utrition – Eating a healthy balanced diet.

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### Act with **COMPASSION** by:

- Working to reduce the risk of pressure ulcers developing
- Recognising the pain and suffering caused to patients when they develop pressure damage.

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### Evidence your **COMPETENCE** by:

- Accurately completing a Braden risk assessment
- Recognising patients who are at risk
- Assessing the skin using the **BESTSHOT** principles
- Knowing who to contact when skin changes are identified.

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### Uphold excellent **COMMUNICATIONS** by:

- Informing patients and carers of the risk of pressure ulcers developing
- Providing the patient with the Pressure Ulcer Prevention Information booklet.

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### Show your **COURAGE** by:

- Reporting patients who are at risk or develop any signs of early pressure damage to the Manager, District Nurse or GP.



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## Demonstrate your **COMMITMENT** by:

- Continually assessing the patient for changes in physical condition
- Continually assessing the patient for changes in skin
- Completing the Sskin Bundle for patients at risk of developing pressure ulcers
- Repositioning patients in accordance with the plan of care/Sskin Bundle.

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## Develop the **CULTURE** in your organisation by:

- Think SSKIN and STOP the PRESSURE.

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## Ensure **CONSISTENCY** for all people you care for by:

- Always remember the importance of your role in preventing pressure ulcers.

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Bringing out the best in the health and social care workforce