

Pressure Ulcer Triggers



Does the person you are looking after have any or a combination of the following:

I

Does the person you are looking after having any **incontinence** problems which are new or there is no care plan for?

S

Soreness or redness of the skin is one of the first indicators the person you are looking after may be developing a pressure ulcer, especially if it is over a pressure point such as heels, buttocks and base of the back.

U

Being **unwell** often leads to an increased likelihood of developing a pressure ulcer. Has the person you are looking after had a recent visit from the GP or needs to see the GP?

R

Reduced mobility is one of the key contributing factors to developing a pressure ulcer. Is the person you are looking after spending more time in the chair, not going to bed?

F

Adequate **food and drink** is essential to keep people healthy. Reduced intake of either/both will increase the risk of developing pressure ulcers. Is the person you are looking after leaving food and drink that is being offered?

If you have any concerns about the person you are looking after, please contact one of the below: