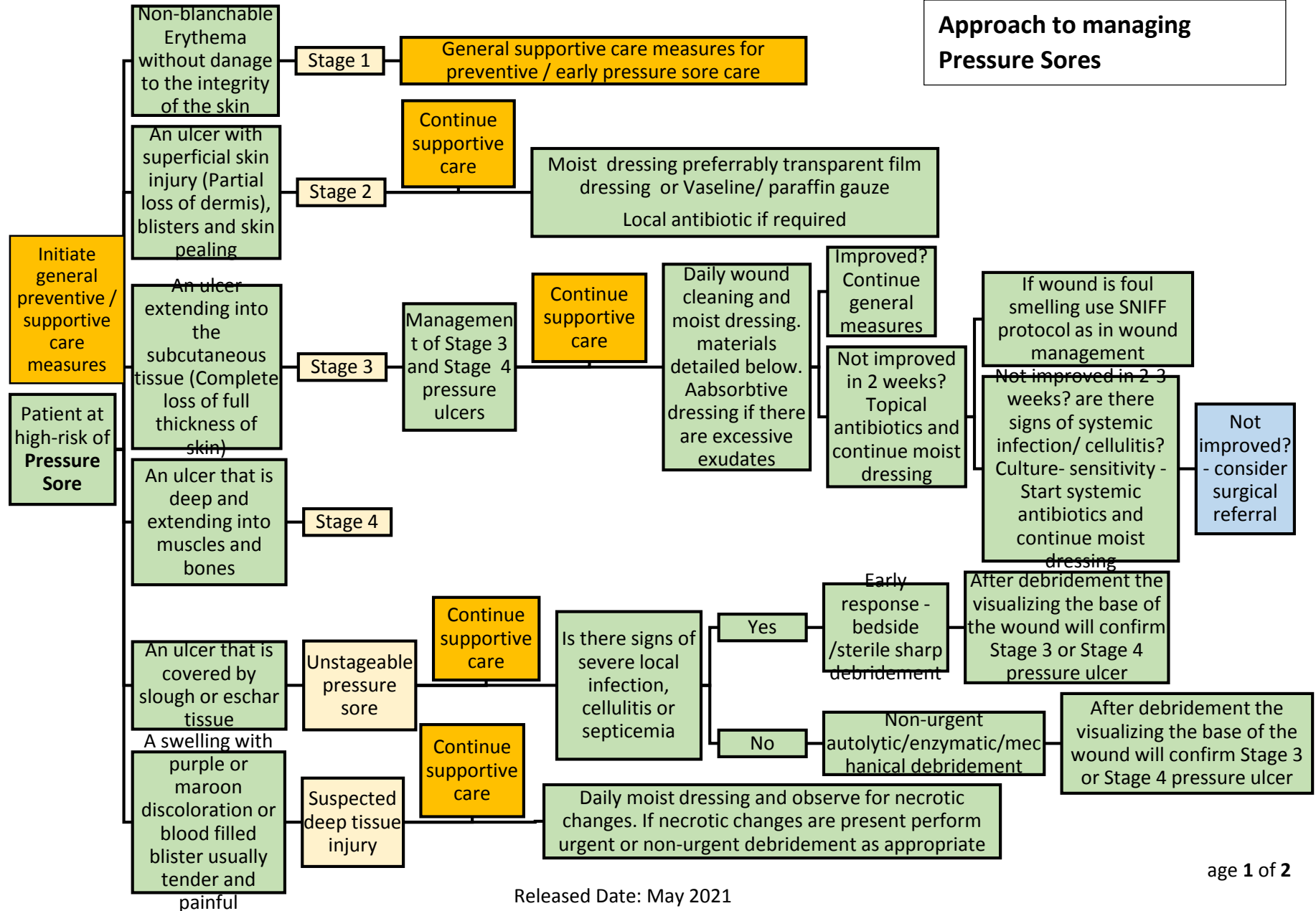


NCG Palliative Care Guidelines to managing Pressure Ulcers

Approach to managing Pressure Sores



General preventive / supportive for care pressure ulcers

SSKIN¹ – is a useful acronym for the essential 5 steps in general preventive / early pressure sore care

Surface	Surfaces supporting the patient provide sufficient pressure relief Ensure wrinkle free bed Special surfaces: Consider using airbed, waterbed Use pillows to support the position as appropriate.
Skin inspection	Early inspection enables early detection which is when ulcers are the easiest to treat Clean skin - Ensure regular bed bath, daily backcare and prevent skin dryness with emollients
Keep patients moving	Change position every 2 hours if lying down and every 15 minutes if sitting. Gentle Exercises. range of motion exercise, active and passive exercise. Consider ambulation if not contraindicated Regular body movement assists blood flow and redistributes pressure
Incontinence/moisture	A clean and dry patient is less likely to develop pressure ulcers Manage incontinence Regularize bowel routine Maintain perineal dryness Consider external or indwelling catheter
Nutrition/hydration	The right diet and plenty of fluids and protein to help healing, keep the patient's skin healthy Daily calorie: 30 to 35 cal/kg/day Daily protein: 1.25 to 1.5g /kg/day

¹ <https://opera-care.co.uk/blogs/care-homes/sskin-5-simple-steps-to-prevent-and-treat-pressure-ulcers#:~:text=The%20five%20letters%20stand%20for,blood%20flow%20and%20redistributes%20pressure>