

PRESSURE ULCERS

A pressure ulcer, or bed sore, is an injury to the skin caused by pressure. Pressure cuts off blood supply to the skin, causing skin and tissue to die. An ulcer can develop that is painful and may cause serious health problems. Areas at risk include the tailbone, buttocks, hips, heels, elbows, shoulder blades, and back of the head.

RISK FACTORS

- ▶ Increasing age
- ▶ Immobility
- ▶ Inactivity
- ▶ Incontinence
- ▶ Malnutrition
- ▶ Impaired mental status

SIGNS AND SYMPTOMS

- ▶ Area of persistent redness on intact skin on areas of risk, as listed above.
- ▶ Round or oval sore located over area of risk.
- ▶ Ulcer may progress from shallow to a deep crater.
- ▶ Ulcer may be red, yellow or a dark scab.

TREATMENT

- Treatment is based on the location and severity of the pressure ulcer.
- ▶ Reduce or redistribute pressure on affected body part.
 - ▶ Treat or prevent infection.
 - ▶ Treat wound with topical therapy for maximum healing.
 - ▶ Improve nutrition.

Our Wound Care Center nurse practitioners can answer your questions about pressure ulcers and provide referrals, if intervention or tests are needed.

REACH US AT (402) 354-7320