

Pressure needs prompt action



Green PROMPT card

Identified as at risk:

Pressure points

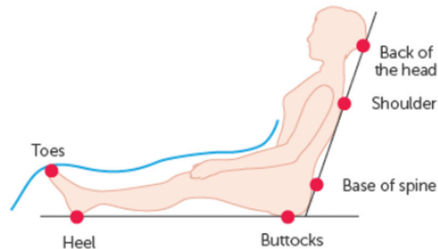
Red – report it

Oral intake

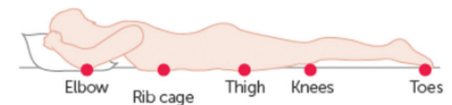
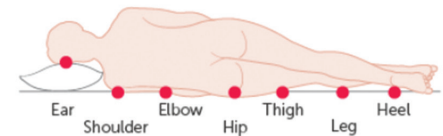
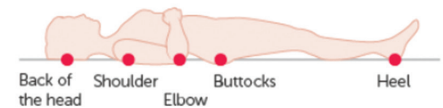
Moisture

Posture

Take pressure off



Cancer Research UK
Original diagram by the Tissue Viability Society



Cancer Research UK
Original diagram by the Tissue Viability Society

Service provided by

Action for identified at risk

P = Pressure points – Inspect the areas of skin which are near to the bone as often as your nurse suggests, which will be at least once a week.

R = Red – report it – Report at once any painful areas and new red marks which do not disappear after 20–30 minutes.

O = Oral intake – It is important to eat a balanced diet and drink plenty of fluids. Seek advice PROMPTLY if this is not possible.

M = Moisture – Keep the skin clean and dry. Use barrier cream if needed.

P = Posture – Be aware of your posture. If your position is causing pain on the areas of skin close to your bones seek assistance. Poor posture can contribute to the development of pressure injuries.

T = Take pressure off – Keep as active as possible and build small changes of position into your routine. If you are unable to do this pressure relieving aids may be needed. Please contact your nurse.

Pressure injuries are serious wounds and skin can quickly break down.

On discharge from care, patients should direct future health enquiries to their own GP practice.

Any equipment enquiries should be forwarded directly to MEDEQUIP 01934 416019.

Let us know what you think and get involved

T: 0300 124 5300*

E: sirona.hello@nhs.net

W: www.sirona-cic.org.uk

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

Date of creation: 09/20 Date for review: 09/22

URN: 0111

Registered office

Sirona care & health CIC,
2nd Floor, Kingswood Civic Centre,
High Street, Kingswood,
Bristol BS15 9TR
Company Number: 07585003