

Think...

SSKIN



Pressure ulcer triggers

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

S

Is the person that you are caring for feeling **Sick or unwell?**
Do they need to see the GP?

S

Does their **Skin look red or sore?** This is one of the first indicators of a pressure ulcer developing, especially if it is over a pressure point such as heels, buttocks and base of back

K

Is the person that you are caring for unable to **Keep moving?** Are they spending more time in the chair or not going to bed?

I

Has the person that you are caring for become **Incontinent (skin is wet with urine or faeces)** and there is no care plan in place?

N

Do they have adequate **Nutrition (are they eating and drinking properly)?** Reduced intake of food and drink can increase the risk of developing pressure ulcers.