



Pressure injury prevention: SSKIN bundle



A pressure injury, also known as a pressure ulcer, pressure sore or bed sore, is damage to the skin and underlying tissues caused by unrelieved pressure. Most pressure injuries are preventable.

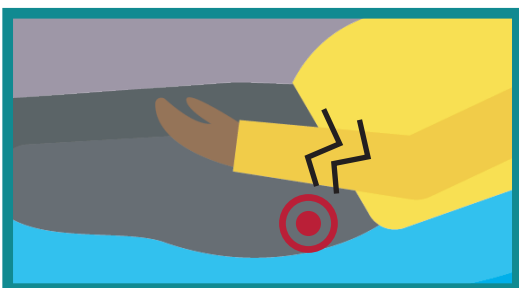


You may be at higher risk of developing pressure injuries if you:

- have diabetes
- are over the age of 65
- have difficulty moving, changing position or walking
- have loss of feeling or sensation
- have a dark skin tone
- have many health conditions
- are having or recovering from surgery
- have a medical device, such as a splint, in place

Following the **SSKIN** tips will help keep you safe.

Skin inspection



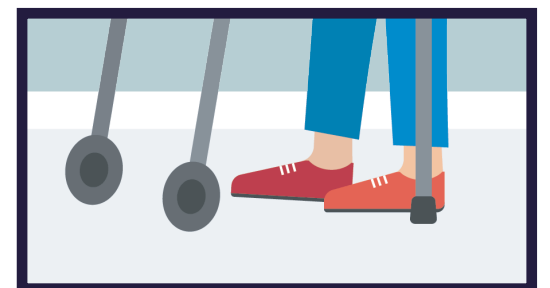
Tell someone if you see or feel any changes to your skin like changes in color, texture/consistency, temperature, pain or numbness.

Surface



Using a special mattress, pillow or cushion may help protect your skin.

Keep Moving



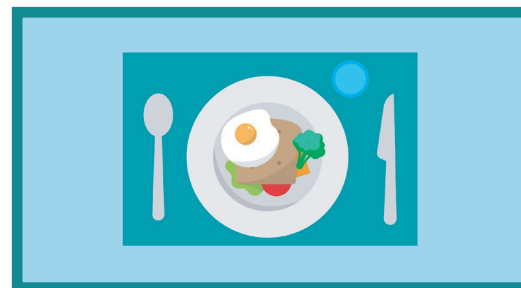
Change your position regularly when lying in bed or sitting in a chair. Shift your position regularly if able.

Incontinence and moisture



Ask for support with going to the bathroom and try to keep any moisture away from the skin.

Nutrition and hydration



Drink plenty of water if safely able and eat well.

If you have had a pressure injury, please let our team know. Talk with your care team about participating in prevention.

