

A healthy diet helps you get better



Who can you talk to?

Your family and/or carers.

Your healthcare professional, doctor or nurse.

Ask someone to contact us.

Your healthcare professional will fill these details in:

Name:

Service:

Phone:

Email:

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Kent Community Health
NHS Foundation Trust

Do you have feedback about our health services?

Phone: 0800 030 4550, 8.30am to 4.30pm, Monday to Friday
Text: 07899 903499
Email: kentchft.PALS@nhs.net
Web: www.kentcht.nhs.uk/PALS

Patient Advice and Liaison Service (PALS)
Trinity House
110-120 Upper Pemberton
Ashford
Kent
TN25 4AZ

If you need communication support in another format, please ask a member of staff or contact us.



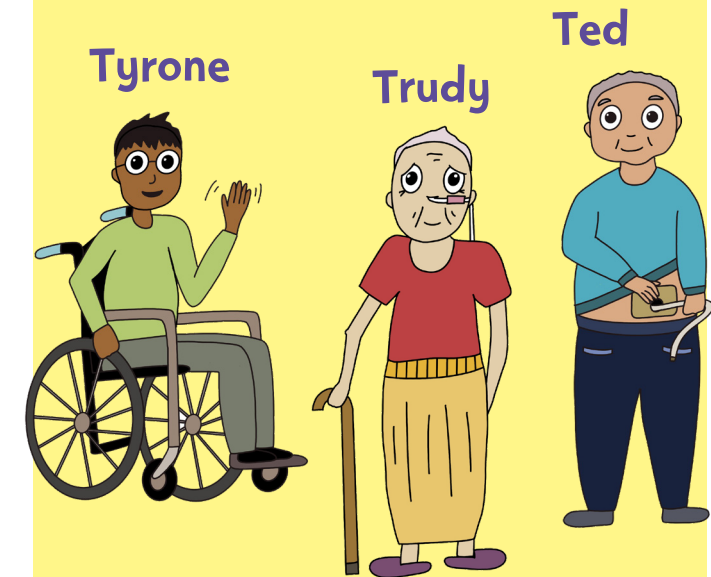
Donate today, and help the NHS go above and beyond.
Visit www.kentcht.nhs.uk/icare
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Our values
Compassionate Aspirational Responsive Excellent

Keeping the Pressure off

A guide about pressure prevention



A pressure ulcer is localised damage to the skin and/or underlying tissue, usually over a bony prominence, caused by pressure and/or shearing (or related to a medical or other device).



www.kentcht.nhs.uk

These simple steps can help to prevent pressure damage.

Check your skin.

If you can't see or feel these areas, ask your family, carers or healthcare professional to help.



How do you look?



Feel for warm or cool areas.
Is there any pain or numbness?

Swelling

Blisters



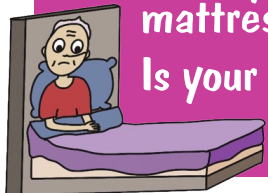
Purple patches on dark skin
Red patches on light skin

Where do you sit and lay?

You may need a pressure relieving cushion or mattress for your bed and/or chair.

Reduce layers between your mattress and you.

Is your chair or seating the right size?



Where to look:

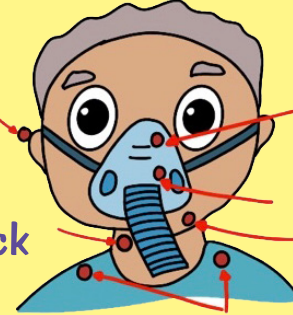
Top of your body

Top and back of ears

Bridge of your nose

Back of your neck

Mouth
Chin



Shoulders

Middle of your body

Back of the head

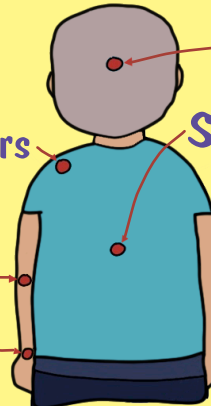
Shoulders

Spine

Between your fingers

Elbow

Palm of your hand



Lower body

Coccyx

Tops of feet

Bottom

Behind your knees

Heels



Keep moving



Change your position regularly
Sit to stand, change side to side
Keep heels elevated

Keep clean and dry

Barrier protection

Soap substitute for gentle cleansing

Clean and dry pads

Pat skin dry, don't rub

Cool clothing



Are you having enough food and drink?

Let someone know if you think you have lost weight.

Drink eight glasses of fluid a day to keep skin hydrated.

