



### **What Is a Pressure Ulcer (Bed Sore)?**

If you sit still in a bed or chair too long, you may notice that your skin feels uncomfortable, becomes red or even painful. If you stay in a position for too long without moving, the skin in that area may become sore. When this happens the skin can die and you may develop a pressure ulcer (bed sore). These wounds were once called bedsores, but today nurses and physicians call them pressure ulcers.

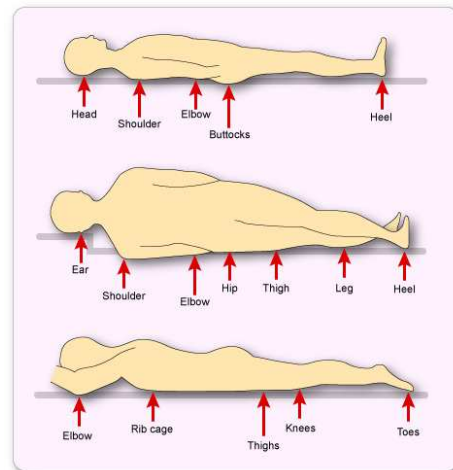
### **What Can You Do to Prevent Them?**

To avoid pressure ulcers you should change your position often when you sit in chairs or lie in bed to prevent skin damage.

- Avoid sitting still in a chair for long periods
- Maintain correct body alignment and foot placement
- Use an adjustable or reclining/tilt chair

### **If You Have a Pressure Ulcer?**

Your nurse or physician will use appropriate wound healing interventions such as wound dressings. It is important that you take steps to prevent pressure ulcers and follow the treatments prescribed so your pressure ulcer will heal.



### **What Should You Watch For?**

If you are at risk of developing pressure ulcers your nurse or physician will take steps to help the wound heal. They may help you change your position at regular intervals and will provide special beds or cushions to help to protect your skin.

Your nurse or physician will also be looking to help reduce or remove other factors that may weaken your skin and can include paying special attention to your nutrition, management of sweating, or bladder or bowel problems and care of your skin.

Your nurse will be assessing your risk of developing a pressure ulcer and will be taking steps to prevent them. You should expect your nurse to perform an assessment over the next one to two days and regularly after that. If you have questions, please write them here so you can discuss them with your nurse during your assessment.

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