

What is pressure damage?

Information for patients

**Easy
Read**



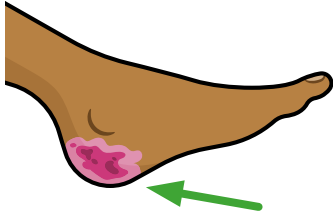
easy read



This booklet uses easy words and pictures.

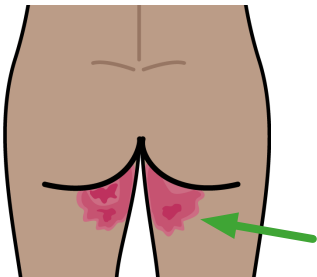
You might want to ask someone to help you read it.

pressure damage



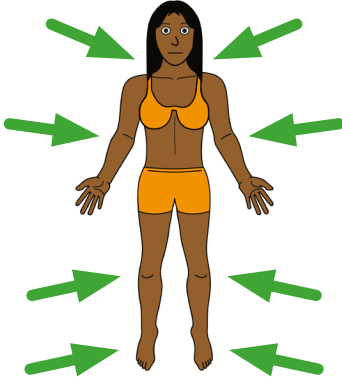
Pressure damage is also known as bedsores, pressure sores and pressure ulcers.

pressure damage



It is when your skin gets red, sore or breaks down into a wound.

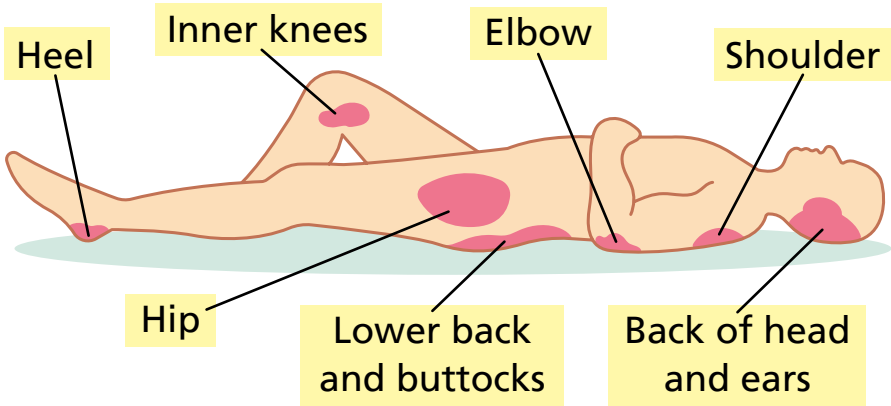
anywhere on body



Pressure damage can happen anywhere on the body.

But some areas of the body are more at risk:

areas of risk on the body



rubs on skin



They can also be caused if something rubs against your skin too much.

Like bad fitting shoes, your glasses or some medical equipment like oxygen masks .

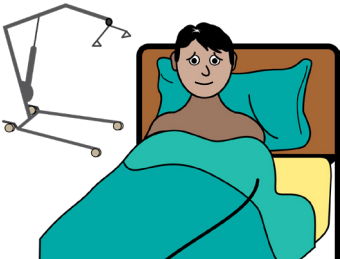
staying active in hospital



Everyone is at risk of pressure damage in hospital because you move less.

But you can help to prevent them.

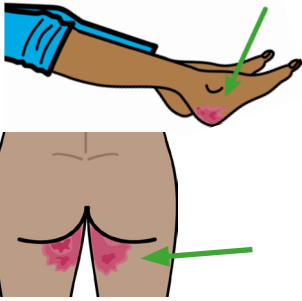
can't move themselves



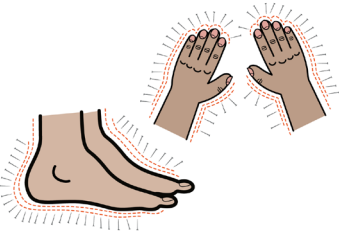
People are more at risk if:

- They can't move themselves.

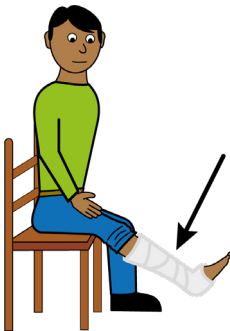
pressure ulcer



skin feels different



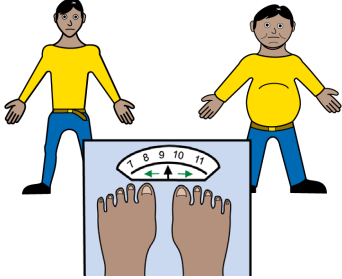
plaster cast



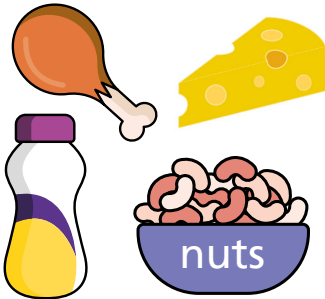
People are more at risk if:

- They already have a pressure ulcer.
- They have a change in how their skin feels.
- Or how they can move.

overweight or underweight



food and drink



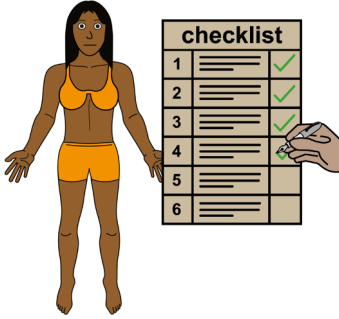
low mood



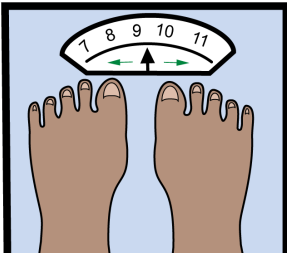
People are more at risk if:

- They are overweight or underweight.
- They are not eating or drinking the right stuff.
- Their mood is very low causing them to move less.

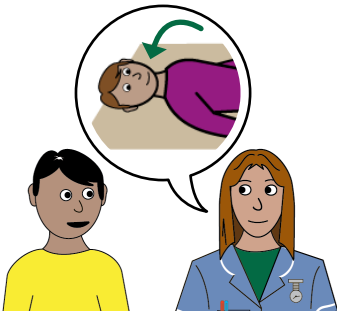
check skin



weigh you



moving around



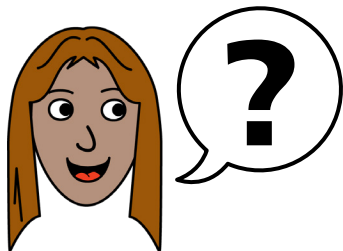
Staff in hospital will check your skin regularly.

Because they do not want you to get any pressure damage.

They will weigh you.

And give you advice on moving around.

ask



If you have any questions, you can ask the staff.

hospital passport



If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on:

leedsth-tr.lidautism@nhs.net



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter

