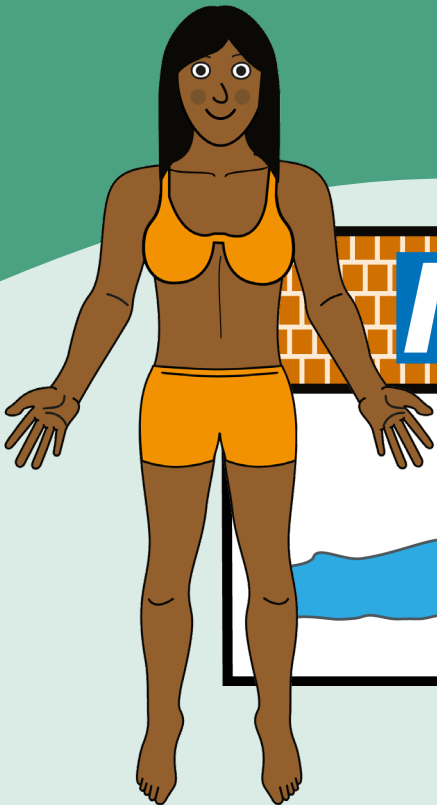


# You need to look after your skin in hospital

Information for patients

**Easy  
Read**



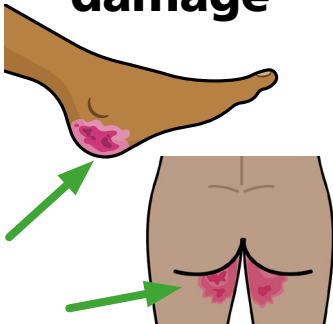
## easy read



This booklet uses easy words and pictures.

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

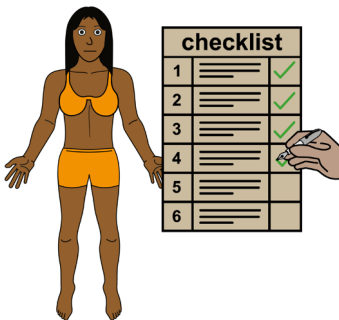
## pressure damage



When you are poorly your skin is more at risk of damage.

Sometimes called pressure damage, pressure ulcers or bed sores.

## check skin



Staff will ask to check your skin every day.

## vulnerable skin



Staff might tell you your skin is 'vulnerable'.

This means it is more at risk of damage

You can get skin damage anywhere on your body. But the most vulnerable areas are:

## areas of risk on the body

Heel

Inner knees

Elbow

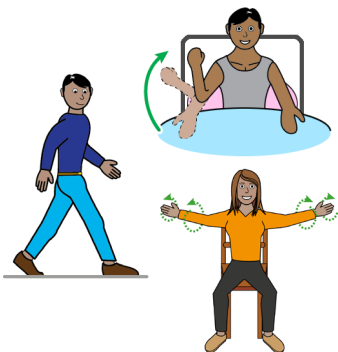
Shoulder

Hip

Lower back  
and buttocks

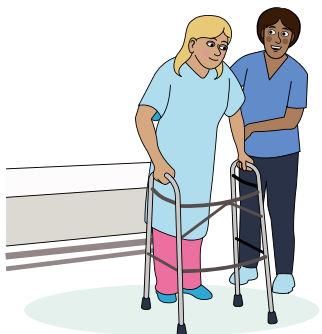
Back of head  
and ears

## move



If you don't move around you could get skin damage.

## walk around



If you can get up, walk around, even with help or support, it is important to do this.

## movement



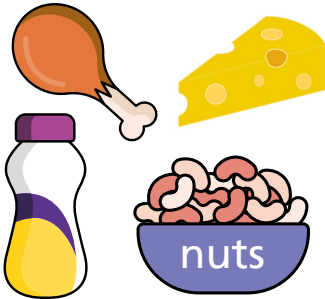
But any movement is important.

## staff support



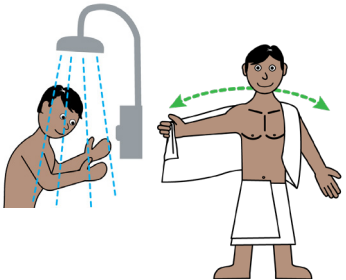
If you can't do this; staff will help you to.

## food and drink



It is also important to eat and drink as normal.

## clean and dry



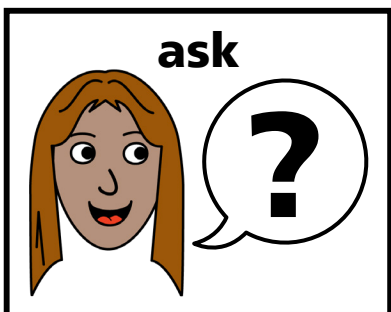
It is important to keep your skin clean and dry.

## tell staff



If you notice any red or painful areas on your skin tell staff.

## ask



If you have any questions, please 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](https://bit.ly/nhsleedsfft)

*Your views matter*



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