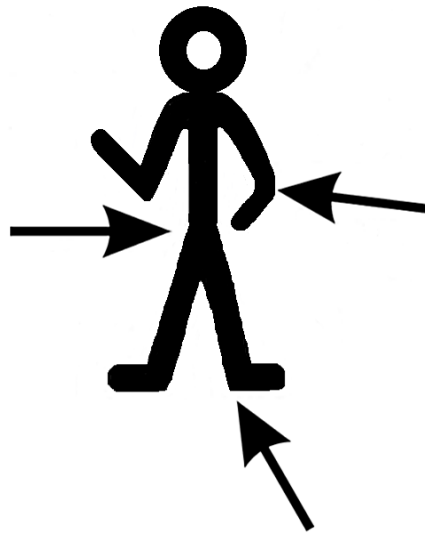


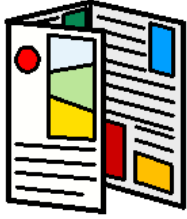


Somerset  
Partnership

Taunton and Somerset  
NHS Foundation Trust



# Pressure Sores

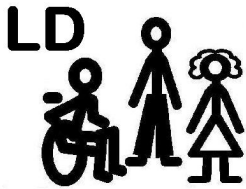


This is an easy read version of a leaflet called 'Pressure Ulcers'. You can ask for a copy.

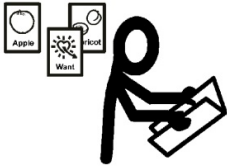
Taunton and Somerset NHS Trust



When we say 'we' in this information we mean 'Somerset Partnerships NHS Foundation Trust' and 'Taunton and Somerset NHS Foundation Trust'.









When we say 'you' in this document we mean people who have a learning disability.










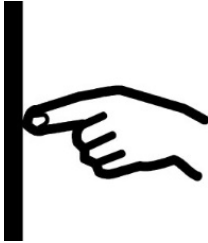
We have tried to make this booklet easy to understand but there are some words that are hard to explain clearly.










You might find it helps to have someone support you when you read it.

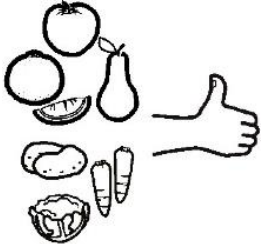
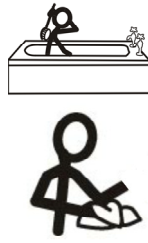


	<p><b>What is a pressure sore?</b></p>
	<p>A pressure sore is damage to the skin. They are very painful.</p>
	<p>Pressure sores are caused by sitting or lying still for too long.</p>
	<p>Pressure sores need looking after carefully at home or at hospital.</p>
	<p>Pressure sores can happen on bony places like your elbows, knees, heels, bottom and back.</p>
	<p>Anyone can have pressure sores.</p>

	<p>People who are ill can get pressure sores.</p>
	<p>People who can't move very much can get pressure sores.</p>
	<p>People who don't eat and drink well can get pressure sores.</p>

 <p><b>What to look for:</b></p>			
	<p>Red patches on skin</p>		<p>Purple patches on skin</p>
	<p>Blisters</p>		<p>Hard areas</p>

	<p>Swollen areas that are painful</p>		<p>Patches of hot or cold skin</p>
	<p>Tell staff or see a doctor if you think you have a pressure sore.</p>		

	<p><b>What can help if you have a pressure sore:</b></p>		
	<p>Listen to your doctor or nurse.</p>		
	<p>Walk about or move your legs every 2 hours if you can.</p>		
	<p>Moving from side to side and stretching your arms and legs can help if you need to stay in bed.</p>		

	<p>Eat healthy food and drink plenty. Water is good for you.</p>
	<p>Keep your skin clean and dry.</p>
	<p>If you're worried talk to your staff or doctor.</p>
	<p>Your doctor or nurse will tell you if you need any treatment.</p>



Further information



**NICE Clinical Guideline 179**  
**Pressure Ulcers: prevention and management of pressure ulcers (Issued: April 2014)**

<https://www.nice.org.uk/guidance/cg179?urlid=1019435791201622652634>



**NICE Quality Standard [Qs89]**  
**Pressure Ulcers (published date: June 2015)**

<https://www.nice.org.uk/guidance/qs89>



**Prevention and Treatment of Pressure Ulcers: Quick Reference Guide 2014**

<http://www.epuap.org/wp-content/uploads/2016/10/quick-reference-guide-digital-npuap-epuap-pppia-jan2016.pdf>



**Your Turn**

[www.your-turn.org.uk](http://www.your-turn.org.uk)



**Mencap**

<https://www.mencap.org.uk/>



**Learning Disabilities and Dementia**

<https://www.learningdisabilities.org.uk/help-information/learning-disability-a-z/d/dementia/>



**NHS 111**

If you are worried, you can call 111, the free NHS telephone service, when it is not a 999 emergency, but you need medical help or advice fast.