

Pressure Sore Management

Pressure Sores – also known as pressure ulcers, bed sore, decubitus ulcers

At Hunters Moor great effort will be taken in the prevention of pressure sores with our clients. The associated risk factors when people have neurological and spinal injuries (such as decreased mobility and sensation, continence issues) increase the opportunity for development of pressure sores, which can cause discomfort, pain and, in extreme cases, death.

What is a 'pressure sore'?

It is defined as:

'An area of localised damage to the skin and underlying tissue caused by pressure, shear, friction and/or a combination of these' (European Pressure Ulcer Advisory Panel, 2003).

In simple terms, if a person is unable to mobilise then the effect of their body weight alone on the areas of bone which have little fat or muscle coverage (heels, shoulder blades, etc) will reduce the blood flow to that area, increasing the chance for the skin to degrade and become damaged. Further exposure to these conditions can mean the damage becomes deeper, and infected, ultimately involving the muscles and bones.

How do we prevent them?

At Hunters Moor, our dedicated clinical team will use a combination of assessment tools and rehabilitative equipment in order to decide whether a client is at risk of developing pressure sores, and if so, put in place care packages and observation tools to 'prevent' rather than 'cure'.

How do we achieve this?

Initial assessments such as the Waterlow Scale (1985) determine an individual's risk of developing pressure sores. This is then combined with other assessment tools such as the Malnutrition Universal Screening Tool (2004) which determines risk of malnutrition and weight loss, which in itself is fundamental as poor nutrition and weight loss increase the risk of pressure sore development. The nutritional needs of any individual can be catered for with our dedicated Chef to ensure the maximum nutritional and calorific benefit but maintain the individual's preferences and choice.



It is important to ensure the correct pressure relieving equipment is used, such as cushions and mattresses. Daily checks of skin condition will be carried out and regular changing of client's position to relieve pressure in vulnerable areas will minimise the likelihood of sores developing.

Our clinical team is a highly experienced mix of Specialist Nurses, Physiotherapists, Occupational Therapists and Dieticians who will prescribe and carry out care packages tailored to the needs of any individual. Equipment of the highest clinical standard, supported by best practice and guidelines will be used in the prevention and post-pressure sore management.

We are very happy to provide further information.

Please contact: Michelle Kudhail, Unit Manager, Tel: 0121 7779343 Email: michellekudhail@huntersmoor.com