

# Advice on Pressure Care for the Elderly



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**Caring**  
for **you...** personally, practically and professionally

**At Four Seasons Health Care we devote ourselves to caring for our elderly residents and promoting their physical comfort.**

## Pressure Sores

A pressure sore can develop if an area of skin has been damaged by direct pressure, friction or shearing forces in conjunction with other factors, such as mobility, age and certain diseases. Early stages of pressure sore development are characterised by reddening of the skin, along with the possibility of local pain and discomfort.

### Who is at risk?

- Residents who are immobile or have reduced mobility e.g. bed and chair bound residents.
- Residents with reduced sensory perceptions.
- Frail elderly who have poor nutritional intake.
- Residents with reduced bladder and bowel control.
- Terminally ill residents.

### What can be done to prevent pressure sores?

We ensure our staff members are trained and that training remains ongoing.

It is important to provide a good nutritional diet and fluid intake for the residents and also to keep skin moisture levels low.

A regular change of position can remove risks associated with friction and shear.

Also we encourage activity, if able e.g. walking short distances, if applicable.

We use a nursing tool (called a Braden Scale in N. Ireland and Waterlow Scale in England and Scotland), which is a risk tool used as a guide for nursing staff and each resident has an individual care plan in place, which shows the level and type of care that should be maintained.

### Is specialist advice available?

Our staff liaise with multiple disciplines e.g. District Nurse, GP and Tissue Viability Nurse, who will, on request, visit the care home and assess the resident, give advice and arrange for the provision of aids, such as pressure relieving equipment e.g. mattresses and cushions.

### How can you help?

Liaise with staff regarding the resident's plan of care.

Encourage them to change position when you are visiting.

Increase their nutritional status by offering drinks and snacks.

If you are taking your relative out, ensure that the staff are informed.

Always feel free to provide sources of comfort, although please let the staff in the home know.

### What are the benefits?

The resident should remain comfortable, pain free, content and settled.

You can enjoy quality time with them and you will feel content leaving the care home knowing that they remain in safe hands.