

# Pressure injury prevention: SSKIN bundle

Patients, residents, families and caregivers are partners in pressure injury prevention. A pressure injury, also known as a pressure ulcer, pressure sore or bed sore, is damage to the skin and underlying tissues caused by unrelieved pressure. It can occur in any care setting. Most pressure injuries are preventable.

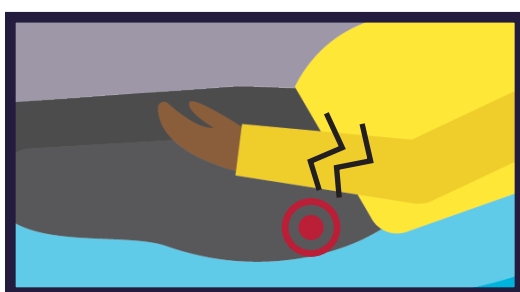


## You may be at higher risk if:

- you have diabetes
- you are over the age of 65
- you have difficulty moving, changing position or walking
- you have loss of feeling or sensation
- you have a dark skin tone, which makes it difficult to see early signs of damage like redness
- you have many health conditions
- you are having or recovering from surgery
- you have a medical device, such as a splint, in place

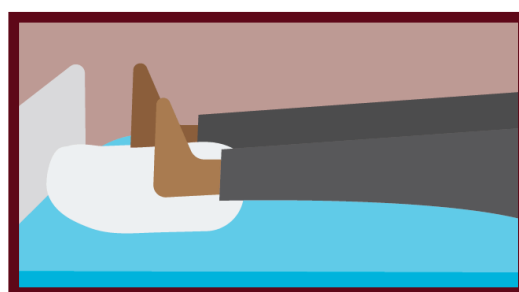
Following the **SSKIN** tips will help keep you safe.

### Skin inspection



Tell someone if you see or feel any changes to your skin like redness or pain.

### Surface



Using a special mattress, pillow or cushion may help protect your skin.

### Keep moving



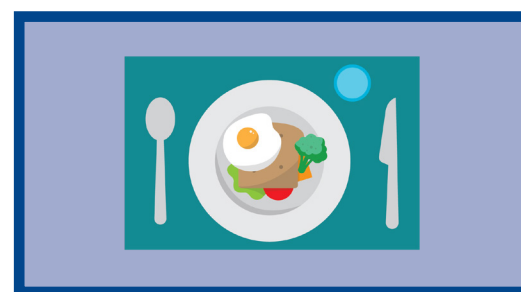
Change your position regularly when lying in bed or sitting in a chair. Participate in End PJ Paralysis by getting up, dressed (in your own clothes) and moving.

### Incontinence and moisture



Ask for support with going to the bathroom and try to keep any moisture away from the skin.

### Nutrition and hydration



Drink plenty of water if safely able and eat well.

**If you have had a pressure injury before, please let us know or ask your care team how you can participate in pressure injury prevention.**