

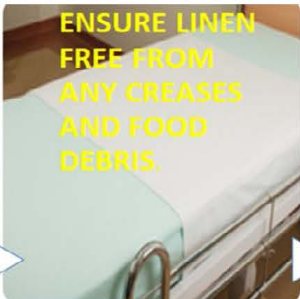
PREVENTION



*Change position at least every 2 hourly.
Use pillows to keep bony prominences from direct contact with one another.*



SKIN CARE



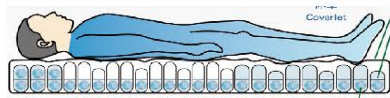
ENSURE LINEN FREE FROM ANY CREASES AND FOOD DEBRIS.



BALANCE DIET



PRESSURE RELIEVE DEVICES



ALTERNATING AIR MATTRESS



ROHO CUSHION



HOW TO PREVENT PRESSURE INJURY



Any enquiry to call:
Pressure Injury Prevention Committees
Department of Nursing
University of Malaya Medical Centre ,59100 Kuala Lumpur
Tel : 03-79492012/2412

TYPE & STAGES

An injury occur due to unrelieved or prolonged pressure at the skin.
The skin may appear red, blue or purple hues then lead to skin break.

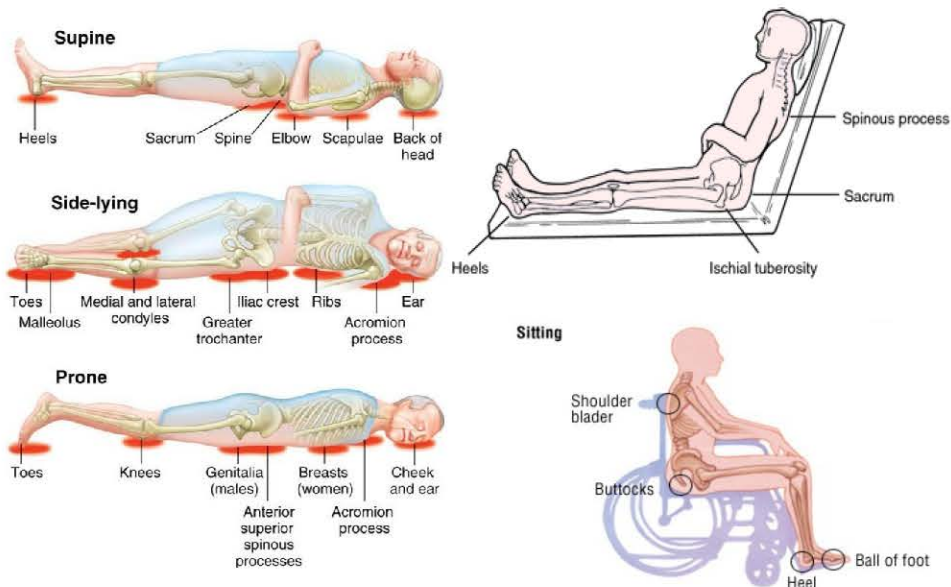
RISK FACTORS

Pressure injury develop because:

- Prolonged unrelieved pressure at bony prominences
- No proper skin care
- Skin are too dry or moist
- Malnutrition
- Continues use of medical devices e.g. CPAP/BIPAP mask, Oxygen tubing, nasogastric tube, ect
- *Incontinence*

RISK AREAS

Bony Prominences have higher risk to develop pressure injury as shown in the below picture



PRESSURE INJURY

