

A healthy diet helps you get better



Who can you talk to?

- Your parents, guardian, carers
- Someone at school
- Your doctor or nurse

Ask someone to contact us.

Your healthcare professional will fill these details in:

Name:

Service:

Phone:

Email:

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site www.ekhuft.nhs.uk/ais
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal <https://pp.ekhuft.nhs.uk/login>
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145, or email ekh-tr.pals@nhs.net

Keeping the Pressure off

a guide about pressure awareness



These simple steps can help to prevent pressure damage.

You can ask someone to help you read this leaflet.

Check your skin.



Who can help you?
A parent, guardian,
carer or healthcare
professional.

How do you look?

Hot and cold areas



Swelling — parts of your body
are bigger than usual



Blisters



Hard skin



Purple patches on dark skin



Red patches on light skin



Where do you sit and lay?

Is my mattress okay?

Have I grown?

Do I fit?



Where to look:

Top of your body

Top and
back of ears

Bridge
of nose

Back of
your neck

Mouth
Chin

Shoulders



Middle of your body

Shoulders

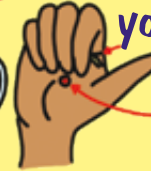
Spine

Elbow

Between
your fingers

Palm of
your hand

Wrist



Lower body

Tops of feet

Bottom

Behind
your knees

Heel



Keep moving -
you may need help



Keep clean and dry

Barrier protection and soothing

Clean,
pads,
dry



Soap substitute

Deodorising—fresh

Moisturising
and cleansing



Are you having enough food and drink?

