

You need to look after your skin in hospital

Information for patients

When you are poorly, your skin is more at risk of damage.

This is sometimes called pressure damage, pressure ulcers or bed sores.

Pressure damage is when your skin gets:

- red or changes colour
- sore
- firm
- cool when you touch it, or
- painful.

Tell staff if you notice a change in how your skin feels.

Staff will ask to check your skin every day. They do not want you to get any pressure ulcers.

Text only



Staff might tell you that your skin is 'vulnerable'. Vulnerable means it is more at risk of damage.

Pressure ulcers can happen anywhere on your body. But some areas of the body are more at risk:

- shoulders
- hips
- inner knees
- back of head and ears
- elbows
- lower back
- bottom, and
- heels.

Everyone is at risk of pressure ulcers in hospital because they move less. But you can help to stop this from happening.

People are more at risk if they cannot move themselves.

If you can get up, walk around, even with help or support, it is important to do this. Any movement is important.

If you cannot do this, staff will help you.

It is important to eat and drink. Follow the advice given by your doctor.

Sometimes when you are really ill you cannot swallow normally. If this happens while you are in hospital, a tube can be used to give you food, drink, and medicine safely. This is called an NG Tube.

It is important to keep your skin clean and dry.

Tell staff if you notice a change in how your skin feels.

Tell staff if you notice that your skin:

- is painful, or
- has become red or changed colour.

Our Patient Advice and Liaison Service (PALS) can help you.

You can ask a question or tell them if you are unhappy about something.

Phone: 01227 78 31 45 The team can phone you back.

Email: ekh-tr.pals@nhs.net

Post: Patient Advice and Liaison Service (PALS)
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Created together with people with a communication need, the
experts by experience