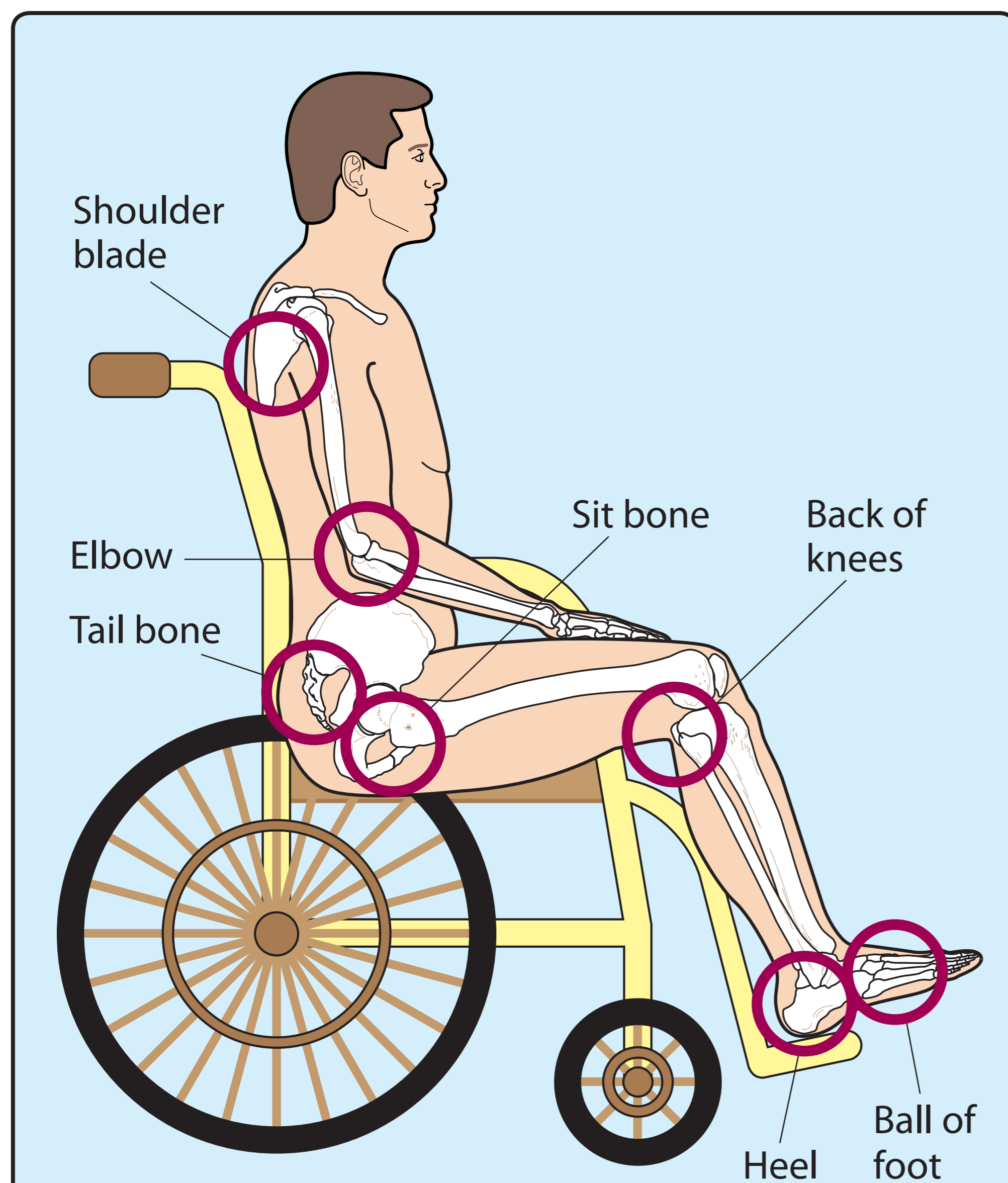


# Pressure Management Awareness

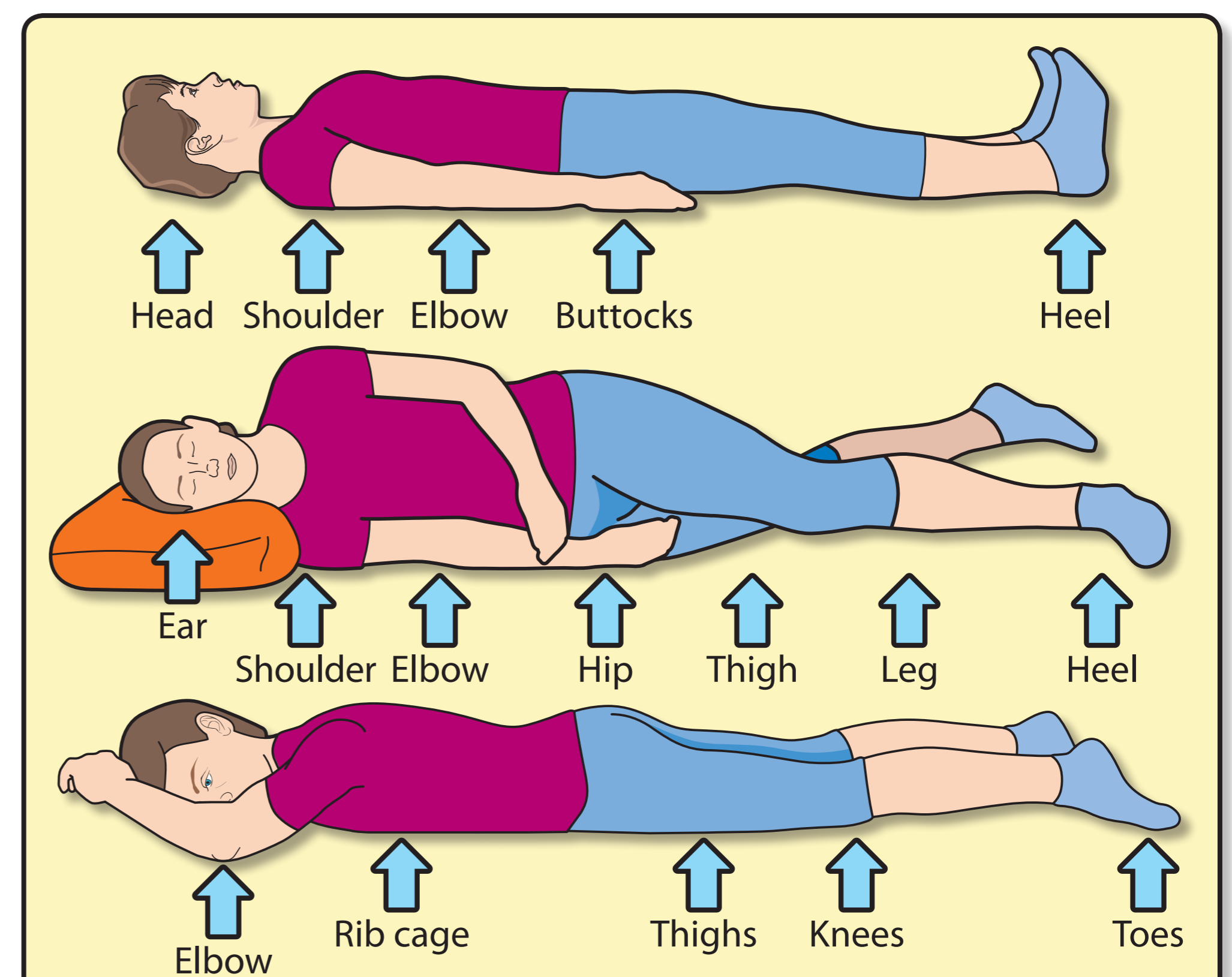
## Areas prone to pressure in a chair:



### Reduce pressure risk by:

- Correct seating position
- Change position regularly
- Use pressure relieving cushion
- Wear loose clothes and shoes
- Loosen catheter leg bag strap
- Check for marking of elastic stockings
- Check for incontinence

## Areas prone to pressure in the bed:



### Reduce pressure risk by:

- Correct positioning - keep vulnerable areas pressure free by using correctly placed pillows and foam
- Change position regularly
- Use pressure relieving mattress
- Correct fit of urinary sheath
- Avoid laying on catheter tube
- Avoid loose objects in the bed
- Avoid bed sheet creases and tucking in bed clothes
- Avoid skin to skin contact
- Check for incontinence
- Check splints fit
- Lower head of bed if appropriate