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EUROPEAN
PRESSURE
ULCER
ADVISORY
PANEL



PATIENT ALGORITHM FOR PRESSURE ULCER SELF-ASSESSMENT

PRESSURE ULCER RISK ASSESSMENT: DO ANY OF THESE APPLY TO YOU?

- Redness of skin over bony area
- Restricted mobility/activity
- Skin exposed to moisture
- Nutritional deficit
- Dehydration

**NO: THERE IS
NO RISK OF
PRESSURE ULCER
DEVELOPMENT**

**YES: THERE IS A RISK OF PRESSURE
ULCER DEVELOPMENT / DAMAGE
TO THE SKIN IS PRESENT**

FURTHER STEPS

- Contact your local nurse or GP
- Follow professionals' recommendations of prevention and care

UNDERTAKE PLANNED PREVENTION AND CARE

if there is:

Restricted mobility/activity:

- Change your position regularly
- Use preventive aids to offload pressure/shear/friction
- Use supportive mattress, cushion

Skin exposure to moisture:

- Manage incontinence
- Keep your skin clean and dry
- Use linen and clothes made of natural materials
- Use protective products on your skin over bony areas
- Use preventative dressings over bony areas if recommended

Nutritional deficit:

- Make sure you have adequate nutrition rich in protein, vitamins and minerals
- Use nutritional supplements as directed

Dehydration:

- Make sure you have adequate fluid intake
- Monitor your fluid intake

Pain:

- Apply non-pharmacological methods of pain management
- Take pain medication according to prescription

**IF YOUR CONDITION
CHANGES, REPEAT
THE PRESSURE
ULCER RISK
ASSESSMENT
AND/OR CONTACT
YOUR LOCAL
NURSE OR GP
AS SOON
AS POSSIBLE!**