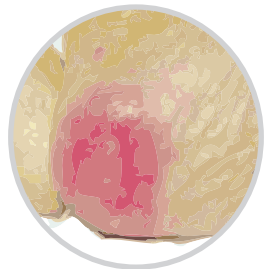


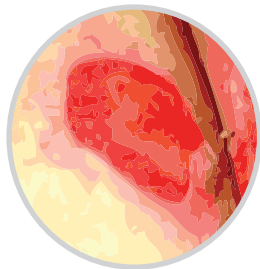
Bed sores – how they develop

STAGES

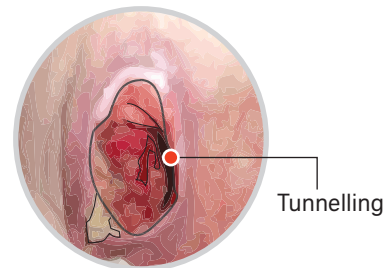
1 A bit of redness that doesn't lighten when pressed. Site might be painful, especially when touched.



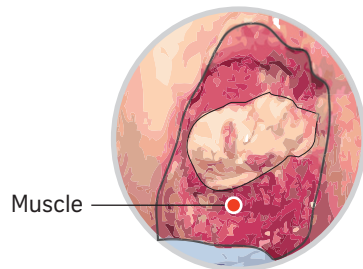
2 Part of the skin might have peeled off. The area looks like a blister, or a blister that has burst.



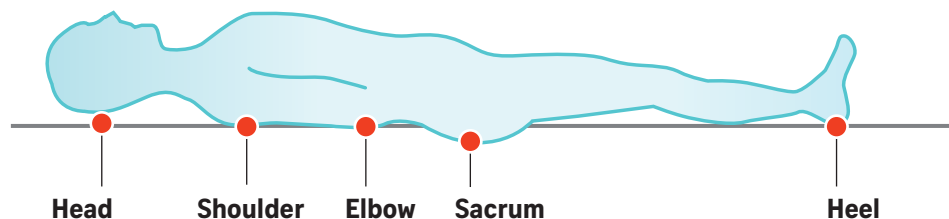
3 By now, it is a deep wound, often with some fat exposed. It looks like a crater, possibly with yellowish dead tissue at the bottom. If there is tunnelling, the wound would be deeper than what can be seen.



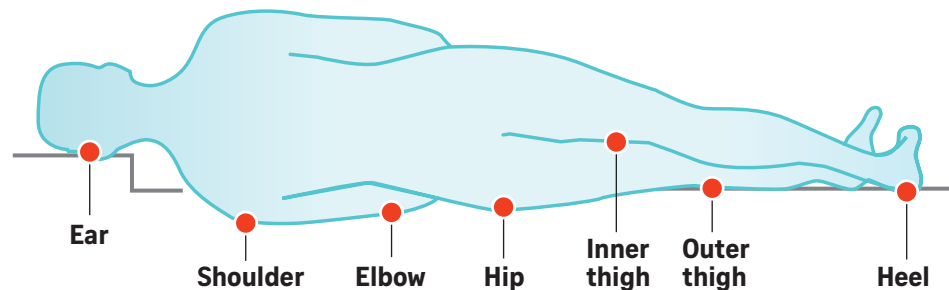
4 The wound is so deep that muscle, bone and tendon are exposed, with a significant amount of dead tissue at the base, either yellowish, or even dark and crusty.



WHERE THEY DEVELOP



Results from pressure, shearing force and friction.



Common sites are bony, prominent parts of the body.

PREVENTION AND TREATMENT

- Turn patient every two hours.
- Get patient out of bed – to walk or sit.
- Ensure sufficient nutrition and water intake.
- Change diapers at least every four hours.
- Apply moisturiser and cream that protects against moisture.
- Use cushions to reduce pressure.