



Government of **Western Australia**  
**South Metropolitan Health Service**

# Pressure Injuries



**Easy Read**

[www.smhs.health.wa.gov.au](http://www.smhs.health.wa.gov.au)

## About this information



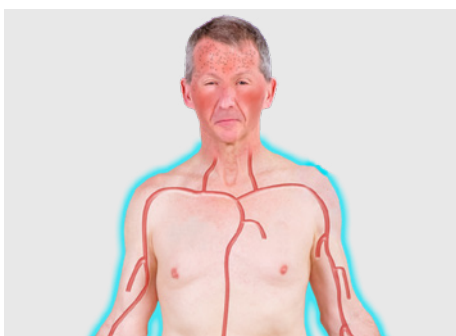
This information is about **pressure injuries**.



**Pressure injuries** are wounds to your skin.



They can happen when you lay down or sit for a long time in the same way.



When you do not move for a long time your body does not get the things it needs to be well.



You can also get a pressure injury when you rub your skin hard on something.



This could be the bed sheet when you are getting into bed.



The injury might not be very bad and you just have a little red skin.



Some pressure injuries can be very bad.



They can be deep wounds that go down into your muscles and bones.



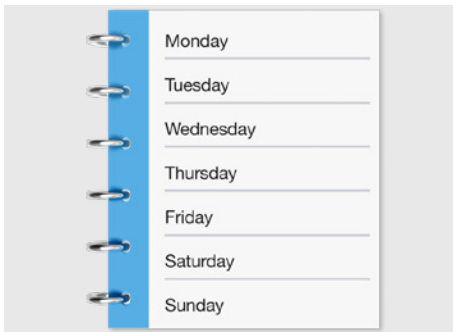
You should get a health worker to look at it right away if

- You have pain in any part of your body
- Any part of your body feels sore.

# How to not get pressure injuries



There are things you can do so you do not get pressure injuries.



You can check your skin every day.



You should look for things like

- Blisters
- Swelling
- Hard spots.



Look for skin that stays red even if you move to your other side.



You should use soap and water when you wash your body.



You should use skin cream so that your skin does not get dry.



You should clean yourself well when you go to the toilet.



You should change your **incontinence pad** often.



**Incontinence pads** are pads or pants you use if you can not get to the toilet.

# What you should eat



There are things you can eat that help your body stay well.



You should have a lot of food with **protein** in it.



**Protein** is in foods like

- Meat
- Eggs
- Milk and yoghurt
- Lentils and beans
- Tofu.





It can help to eat every 2 to 3 hours.



Good oils can help to make the skin not so red and sore.



You could eat oils like

- Fish oil
- Sunflower oil
- Olive oil.



It is good to eat lots of different kinds of food.



It is good for your skin if you drink a lot of water.



If you have **diabetes** you need to check your sugar levels to help not get pressure injuries.



**Diabetes** is an illness where there is too much sugar in your blood.



You need to check your sugar levels are no higher than your doctor said.

## Move your body



You should move your body lots to help your blood get everywhere in your body and skin.



You should move your body to different positions.



**Position** means the way you lie or sit.

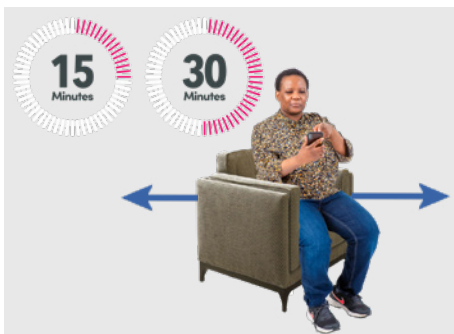


Do not stay in one position for too long so that you will not get pressure injuries.

## When you sit



You should change the way you sit often.



You can move your body from one side to the other every 15 to 30 minutes.



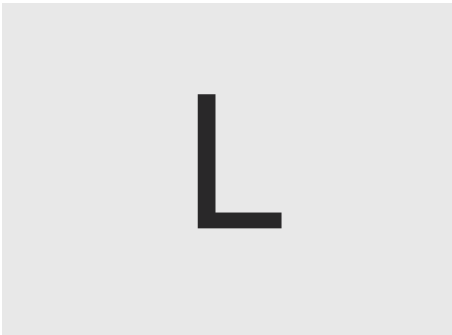
Make sure your bottom is right at the back of the seat.



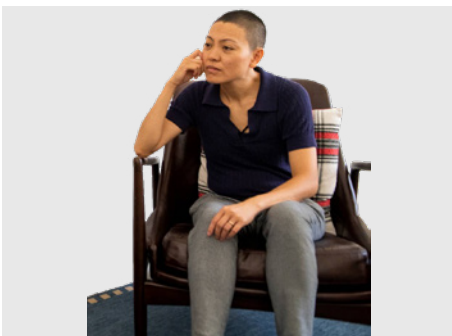
Have your feet flat on the floor when you sit.



Try to have your hips and knees at **90 degrees**.



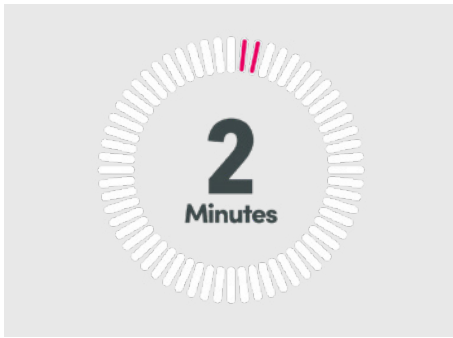
90 degrees looks like the letter L from the side.



You can put a pillow behind your back for more support if you need it.



You can also move forward and put your elbows on your knees.



Stay like that for 2 minutes.



If you can you should walk around for 3 minutes every hour.

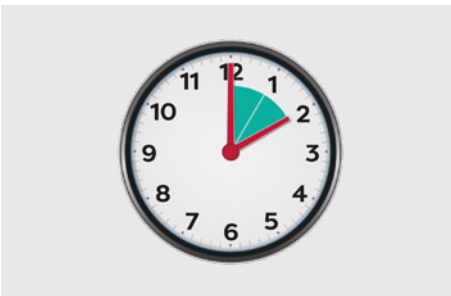


If you use arm rests make sure you check your elbows often for pressure injuries.

# When you lie down



There are things you can do to stop pressure injuries when you lie down.



You should change the way you lie every 2 hours.



Do not have the head of the bed up very high.



You can use pillows to support

- The top of your back
- Your head.



Keep the end part of your bed as low as you can.



You can put a pillow between your legs if you lie on your side.



Check your heels often for pressure injuries.



You can put a pillow under your calves so your heels do not press into the bed.



## How we can help



We have staff at the hospital who can help you so that you do not get pressure injuries.



They can also help you if you do get a pressure injury.



There are other health workers that can also help you

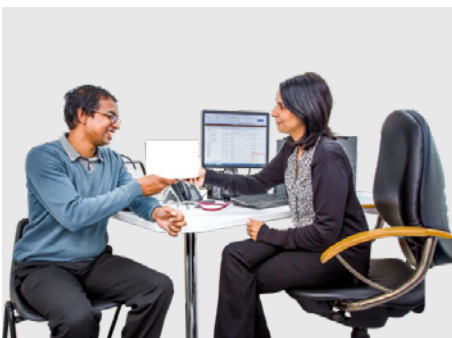
- Stop getting pressure injuries
- Deal with pressure injuries.

# Your doctor



You should see your doctor if

- You are worried that your skin is red
- Your skin hurts a lot.



You should talk to your doctor if you have a pressure injury that is not getting better.



You should also talk to your doctor if you do not feel like eating or lose weight.

# Dietitian



Your doctor can get you in contact with a **dietitian**.



A **dietitian** can tell you about foods that help with pressure injuries.



You might need to take some **vitamins or supplements**.



**Vitamins or supplements** are tablets that help your body get what it needs if it is not in your food.

# Occupational therapists



**Occupational therapists** can support you with exercises and information.



They can tell you how to move your body to stop pressure injuries.



They can also give your family or friends information that will help you.

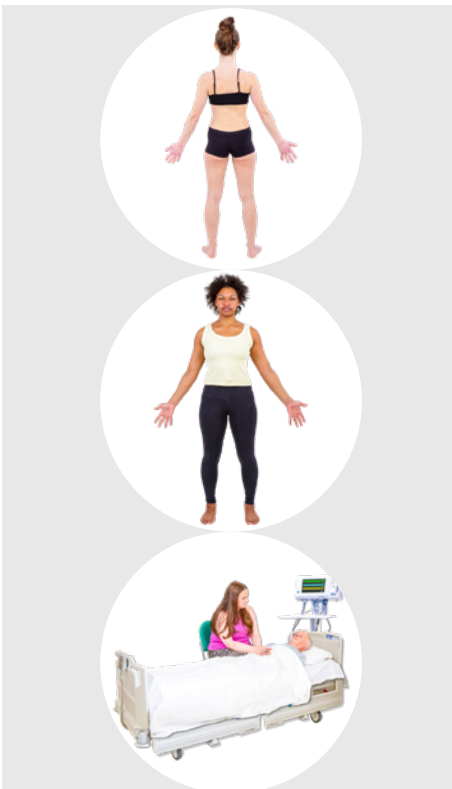


They can get things for you like a bed and pillow that will help you get better.

# Inpatient Nurse



An **Inpatient nurse** supports people with very bad health issues.



An inpatient nurse can

- Check your skin
- Help keep your skin clean and dry
- Change the way you lie or sit as you need it.



They can give you a special mattress that helps stop pressure injuries.

# Contact us



Government of Western Australia  
South Metropolitan Health Service

You can contact South Metropolitan Health Service for more information.



To contact us send a letter to

**Locked Bag 100**

**PALMYRA DC WA 6961**

Council for Intellectual Disability made this document Easy Read. **CID** for short.  
Email CID at **[business@cid.org.au](mailto:business@cid.org.au)** if you want to use any of the pictures.



Government of **Western Australia**  
**South Metropolitan Health Service**

**For staff only**

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