

# Let's Talk About...

## Patient safety: Pressure sore prevention

A pressure sore is damage to the skin caused by pressure in one place or poor blood flow to one area. Pressure sores can be small red or purple sores on the skin or major sores that need surgical treatment.

### Why is my child at risk for pressure sores?

Your child is more likely to have pressure sores when they:

- Remain in one position without moving
- Lie on an object or medical device that presses against the skin for some time
- Have swollen, dry, or moist skin

### How are pressure sores prevented?

To decrease your child's chance of getting a pressure sore, your child's healthcare provider will:

- Check your child's skin every shift.
- Look at the back of your child's head, bottom, heels, IV sites, and skin around medical devices when checking your child's skin.
- Put padding under tubes attached to your child, such as feeding tubes, urinary catheters, chest tubes, IV connections, and respiratory equipment.
- Keep your child's skin clean and dry.
- Apply lotion to your child's skin every day.
- Change your child's position every few hours.



### How can I protect my child?

To assist your child's healthcare team while your child is in the hospital:

- Help the nurse change your child's position every few hours.
- Remind your child's nurse to check your child's skin every shift.
- Ask your child's nurse about different medical equipment or padding if you notice skin redness.
- Be your child's advocate, and speak up if you feel any healthcare team member is not following these guidelines.

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