

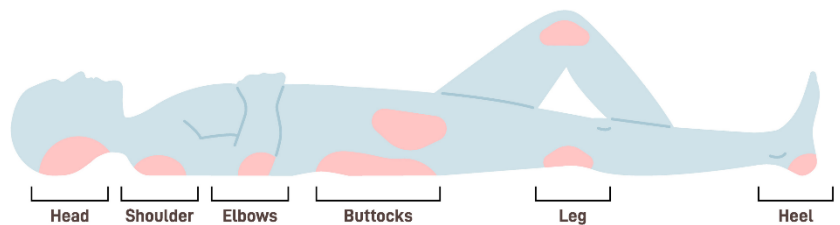
# Preventing Pressure Injuries (Bedsore) in the ICU

*Protecting your loved one*

*This handout explains what the care team in the Intensive Care Unit (ICU) will do to protect your loved one from getting pressure injuries.*

## What are pressure injuries?

Pressure injuries are often called “bedsores.” They are skin sores that form when muscles and the soft tissues of your body are squeezed against an outside surface, such as a chair or bed. Pressure injuries occur most often over bony places, such as the heels, tailbone, elbows, and the back of the head.



***Pressure injuries are mostly likely to form where the patient’s bony areas touch the bed.***

Patients in the ICU have a high risk of getting pressure injuries. This is because they are very ill and often cannot change their position in bed.

## Why is it important to prevent pressure injuries?

- Pressure injuries increase the risk of infection, and an infection makes a patient’s health worse.
- Please ask your nurse what you can do to help prevent pressure injuries.

## What does the ICU do to prevent these injuries?

In the ICU, the entire care team works together to help prevent patients from getting pressure injuries.

### To help prevent pressure injuries:

- When your loved one is admitted to the ICU, a nurse will do a full skin check. After this, a nurse will check your loved one’s skin at least once every shift.
- If a nurse finds any pressure injuries, the nurse will tell the care team. We will begin treatment.
- All ICU beds have a special mattress that helps protect the patient’s skin.
- If needed, a special *sacral dressing* (bandage) may be placed over the patient’s tailbone, near the bottom of their spine.

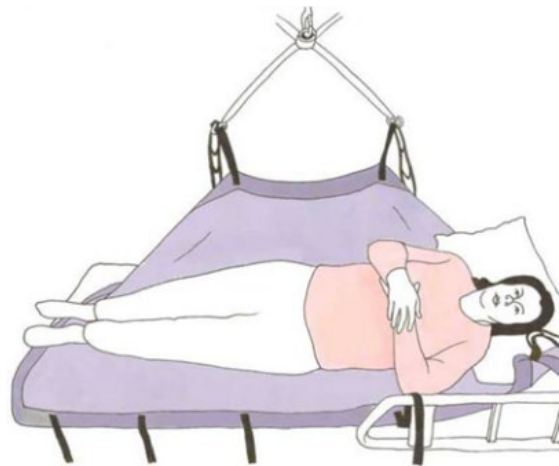


***Sacral (tailbone) bandage***



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copy of this handout.

- The patient’s heels are kept off the bed. Patients may wear special boots, or their feet may be propped on pillows.
- If needed, patients receive a special pillow for their head.
- We turn patients often to ease pressure on their skin. If you have questions or concerns about this, please ask your nurse.
- If needed, patients are turned using the overhead (ceiling) lift.
- The ICU Skin Team may assess a patient to make sure everything is being done to prevent pressure injuries.
- Your loved one will receive good nutrition and plenty of fluids. These are important for preventing and healing pressure injuries.



***A ceiling lift may be used for turning.***



***The AirTap is a gentle, air-powered mat that helps move patients safely and comfortably.***

## **Prevention Is Key**

We will do all we can to keep your loved one from getting pressure injuries. We thank you for your support as we take care of your loved one.

If you have questions, or would like to talk about how we prevent pressure injuries in the ICU, please call the Wound Consult Line at 206.598.4532.

### **Questions?**

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

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