

Pressure Care Awareness

A half day course

Pressure Sores (Decubitus Ulcers) occur in between 5% and 19% of all patients in hospital and affect up to 33% of patients in nursing and residential care and 29% of people in Home Care situations. Treatment costs the NHS around £2 billion annually or in excess of 4% of their total budget. It is estimated that just under half a million people in the UK will develop at least one pressure ulcer in any given year. This is usually people with an underlying health condition. For example, around one in 20 people who are admitted to hospital with a sudden illness will develop a pressure ulcer. People over 70 years old are particularly vulnerable to pressure ulcers as they are more likely to have mobility problems and ageing of the skin.

This course will explore some of the myths and misconceptions surrounding pressure ulcer care with the aim of helping delegates to understand both the causes and treatments of them

Who is it for? This course can be tailored to the needs of the particular professional group and is generally delivered in the care environment

Timetable (may be subject to amendment depending on group need)

Session 1 General introduction to subject of Pressure Ulcer care
Prevalence and incidence
Biology and Physiology of the Skin
Standards of Skin care
Causes of Pressure Sores
Pressure and Shear
Tissue Tolerance and Friction

Session 2 Pressure Ulcer development
Extrinsic and Intrinsic Factors
Risk factors
Classification of Ulcers
Using Risk Assessment tools
Reducing then Risk
Immobility, Movement and Repositioning
Pressure Redistribution
Dressings and other treatments
Legal considerations including the problem of capacity

Learning Outcomes

On completion of this course, participants will be able to:

- Understand definitions of pressure care and the common terminology
- Understand the key causes of pressure sores
- Understand the main treatment processes
- Understand how to use a risk assessment tool

Training Techniques

Didactic teaching, group exercises/case studies, Q & A and discussion

Delegate requirements

Enthusiasm and a willingness to learn and share!