

Pressure Ulcer Triggers

Please tick and initial when you observe any of the following symptoms and place a cross and initial if no symptoms are observed.

Name: _____

Date: _____

NHS N°: _____

S Is the **Surface** (mattress and cushion) fit for purpose? Is the cover intact? If foam: flat and smooth? If air: inflated?

S Does their **Skin look red or sore?**
This is one of the first indicators of a pressure ulcer developing, especially if it is over a pressure point such as heels, buttocks and base of back

K Is the person that you are caring for unable to **Keep moving?** Are they spending more time in the chair or not going to bed?

I Has the person that you are caring for become **Incontinent (skin is wet with urine or faeces)** and there is no care plan in place?

N Do they have adequate **Nutrition (are they eating and drinking properly)?**
Reduced intake of food and drink can increase the risk of developing pressure ulcers.

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
K	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
N	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If 4 or more areas are ticked on 2 or more days, ensure the nurse in charge is aware or if skin is ticked on 2 consecutive days contact the nurse in charge.

www.your-turn.org.uk

