

## Tissue Viability Service

**0300 330 5777\***

**[bromh.cccpod2@nhs.net](mailto:bromh.cccpod2@nhs.net)**

The district nursing service will visit to do a full assessment and give advice regarding individual patient care.

Pressure relieving equipment such as specialist mattresses, cushions and heel pads may then be ordered to help redistribute the pressure from the bony parts of the body.

### District Nurses can advise on:

- All aspects of pressure ulcer prevention and treatment.
- Pressure relieving techniques.
- Protecting the skin and products to use or avoid.
- Continence issues and how to keep the skin clean and dry.
- Dietary needs and fluids to maintain the skin in a good condition.
- Practical aspects such as moving and handling.

\*Calls charged at local rate

**Bromley  
Healthcare**  
better together

The Tissue Viability service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley and its neighbouring boroughs.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

### Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court  
1b Knoll Rise  
Orpington BR6 0JA

**020 8315 8880**

[bromh.feedback@nhs.net](mailto:bromh.feedback@nhs.net)

**[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)**

Bromley Healthcare Community Interest Company Ltd  
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**Information for carers  
about pressure ulcers**  
**Bromley Tissue Viability Service**

## A pressure ulcer is :

Damage to the skin you can see. It may also involve the tissues beneath the skin. A pressure ulcer can develop within hours from constant pressure.

The longer the pressure remains unrelieved, the deeper the wound may become. The deeper the wound, the longer it will take to heal.

## Damage may be caused by some of the following reasons:

**Continued pressure** on the skin by the weight of the body can cause blood vessels to be squashed. This may restrict or stop the blood supply to that area. As a result, tissue cells can become seriously damaged.

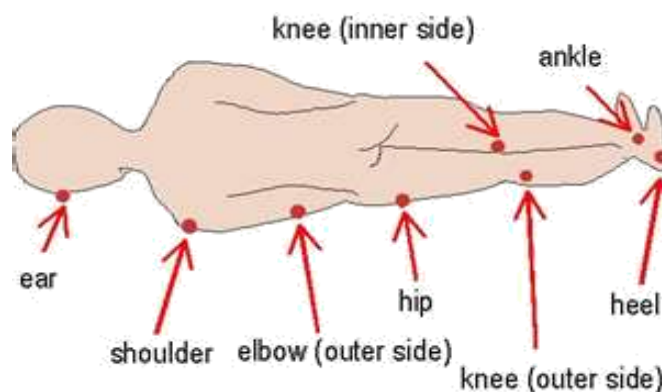
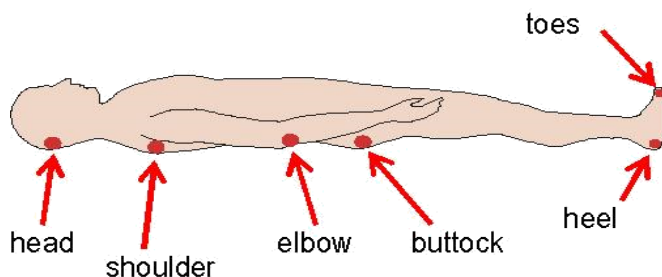
**Skin under pressure** from the weight of the body can also be at risk of damage. This can happen when a patient slides down or is pulled up in a bed or chair and the body tries to move but the skin doesn't. If the skin is damp or wet, then the risk is increased.

**Friction damage** occurs when the top layers of the skin are rubbed away which may cause blisters or sores to develop.

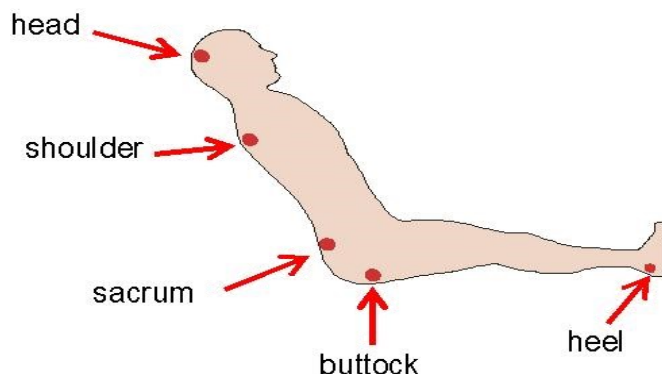
## Where do pressure ulcers develop?

The following pictures demonstrate where pressure damage can occur on the body.

## Lying position



## Sitting position



## Signs and symptoms to look for:

**Is the patient experiencing soreness or pain in the areas that are at risk from pressure?** This is an important warning that damage may be taking place.

**Has the skin changed colour?** Discoloured skin that doesn't recover when the pressure is relieved may be another sign of pressure damage.

**Have any blisters or swelling occurred in the areas that are at risk from pressure?** This may indicate damage is happening.

## How you can reduce the risk of pressure damage happening:

- Move the patient's position regularly whether they are in bed or a chair.
- Check the skin for signs of damage every time the patient is moved.
- Ensure the patient's skin remains clean and dry.
- Encourage the patient to use their pressure relieving equipment. Do not place blankets or layers of incontinence sheets on top of the equipment.
- Use the patient's moving and handling equipment if available.

**If you're concerned about a patient's pressure areas, it's essential to get professional advice. Contact the district nursing service either directly or via the patient's GP.**