



**STOP...**

East Lancashire Hospitals



NHS Trust

**THINK...**

**PRESSURE**

Patients, please.....

**Tell us** – if you are not moving as much as you used to.

**Tell us** – if you're not eating as much as you used to.

**Tell us** – if you have a sore bottom or hips, heels, elbows.

**Tell us** – if you sleep in a chair rather than your bed.

**Tell us** – if you are having incontinence problems.

**Tell us** – if you have reduced feeling in your feet.

**Tell us** – if you have had a pressure ulcer before.

**KEEP MOVING**

**INSPECT SKIN**

**PREVENT FRICTION**

Seek help at the earliest sign of skin deterioration.

