

## What can I do to prevent a Pressure Ulcer developing?

- Where possible stay hydrated.
- Usually people can avoid the causes of pressure ulcers by moving around; however, this may not be possible during transport. If you are being transported for more than 2 hours you may be at risk of developing a pressure ulcer.
- Let your CareFlight clinician know immediately should you experience any of the symptoms or notice any of the signs about.

If you are being transported for more than 2 hours you may be at risk of developing a pressure ulcer.

PLEASE  
TELL US



CareFlight encourages you to “Please Tell Us” if you feel unsafe, see anything unsafe, or have any questions or concerns regarding your care, or the care of the person you are with.

## Feedback

We welcome compliments, comments, and complaints in order to ensure we continue to provide high quality care to you. You can provide your feedback through the following means:

1. Emailing us on [clinical-feedback@careflight.org](mailto:clinical-feedback@careflight.org)
2. Scanning the QR code below
3. Asking a CareFlight staff member to submit feedback on your behalf

If you need an interpreter or information about your care in a different language, please contact us.



SCAN ME

CareFlight Ltd  
GPO BOX 9829  
IN YOUR CAPITAL CITY

NSW | 02 9843 5100  
NT | 08 8928 9777

[info@careflight.org](mailto:info@careflight.org)

[www.careflight.org](http://www.careflight.org)

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**CareFlight**

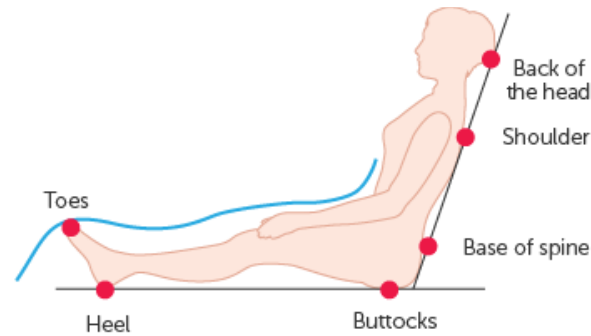
Pressure Area  
Management



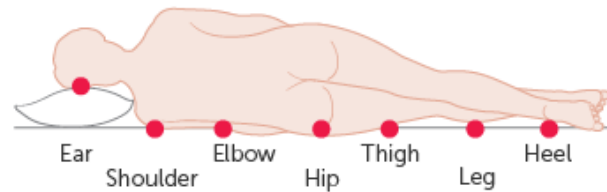
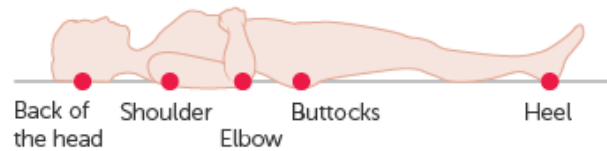
## How does CareFlight prevent pressure ulcers?

- Members of staff involved in your care are trained in pressure ulcer prevention and management.
- CareFlight clinical staff who are looking after you will examine you and ask you questions to assess your risk of developing a pressure injury in accordance with the:
  1. CareFlight Pressure Area Risk Assessment Tool
  2. CareFlight Clinical Guideline: Pressure Area Care
- If the assessment indicates that you are at risk; the nurse or doctor will develop a plan of care to help prevent the development of a pressure ulcer during your transport.
- The prevention plan will be discussed and agreed with you and written into your medical record.
- This plan will be reassessed if there is a change in your condition or circumstances.

## Common Areas Where Pressure Injuries Develop



Cancer Research UK  
Original diagram by the Tissue Viability Society



Cancer Research UK  
Original diagram by the Tissue Viability Society

## What are pressure ulcers and why do they occur?

A pressure ulcer (also referred to as a “pressure sore or pressure injury”) is damage to an area of skin and or deeper layers of tissue under the skin. They usually occur over a bony prominent area. Common area’s pressure ulcers can occur are on elbows, heels, sacral area and spine. Pressure ulcers occur when pressure is applied to an area of skin for a period of time, which stops blood supply, which can then cause breakdown of that area.

Please tell your CareFlight clinician immediately if you experience or notice any of the following **signs or symptoms**

- Pain, discomfort, and itchiness.
- A patch of skin that has not broken that feels different to the surrounding skin area, for example feeling spongy or hard and or warm.
- A patch of skin maybe red, which occurs more with pale skin or becomes discolored and turn purple or blue, which tends to happen with darker skin.

### Stages of Pressure Sores

