



Preventing Pressure Injury



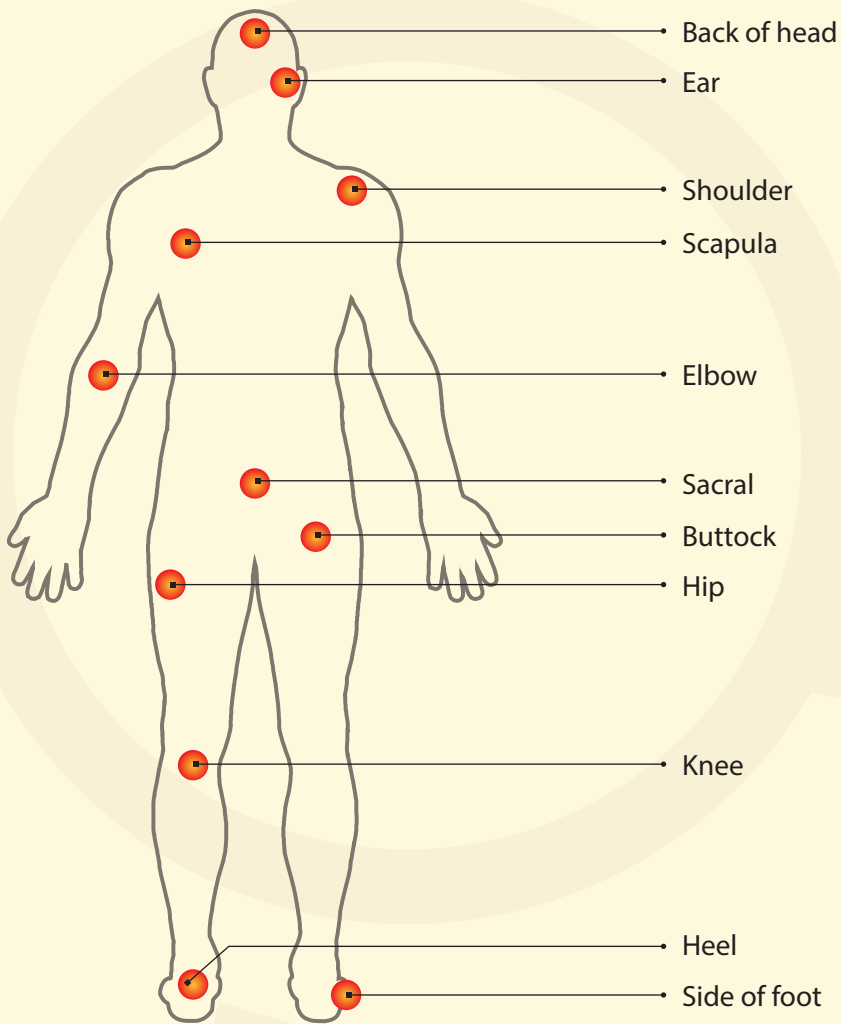
Changi
General Hospital

SingHealth

Introduction

A pressure injury, sometimes called a “bedsore”, is injury to the skin and underlying tissue usually caused by unrelieved pressure.

COMMON AREAS OF PRESSURE INJURY



What causes pressure injury?



Moisture
潮湿
Kelembapan

பரத்தன்மை
Pagkabasa
ပိဝ်းဝ်းဝ်း



Friction
摩擦
Geseran

உரசல்
Pagkikiskisan
ပွတ်တိုက်ခြင်း



Kept to one position for too long
 长期保持同一个位置
 Duduk di satu posisi terlalu lama

நீண்டநேரம் ஒரே நிலையில்
 படுக்க வைத்திருப்பது
 Matagal na nakahiga o
 nakaupo sa isang posisyon
 နွှာကိုယ် အနေအထားတစ်မျိုး
 တည်တွင် ကြာရှည်စွာထားခြင်း
 (လုံလျောင်းခြင်း/ထိုင်ခြင်း)



Poor food and water intake
营养不足, 缺乏水份
Pengambilan makanan dan
minuman yang tidak cukup

போதுமான அளவு
உணவு மற்றும் நீர்
உட்கொள்ளாதிருத்தல்
kulang sa masustansiyang
pagkain at pag-inom
ng tubig
தையோர் கூடி நிற்கின்ற/
அலாவு மல்லோர் நிற்கின்ற



Diapers
使用纸尿裤
Lampin

டைပပရ်ஸ் (Diaper)
Diaper/Lampin
တပ်ခါသုံး အနီး အတွင်းခံ

Treatment / prevention of pressure injury (to illustrate using pictures)



Two hourly turning
每两小时翻身一次
Menukar posisi setiap 2 jam

2 மணி நேரத்திற்கு ஒரு தடவை நோயாளியை திருப்பி படுக்க வைக்கவும்

Baguhin ang posisyon ng pasyente makalipas ang kada 2 oras

வகைநீர் அகையா: கந்தாரி தவ்வி லுழ்முண்ட: பைரீக்



Ensure enough food and water intake – at least finish half portion of food

增强营养供应，改善营养不良。（每餐至少吃完半份，每天至少喝六杯水）

Pastikan pengambilan makanan dan minuman yang mencukupi (sekurang-kurangnya ½ hidangan)

போதுமான அளவு உணவு மற்றும் தண்ணீர் உட்கொள்ளவும். குறைந்த பட்சம் பாதி அளவு உட்கொள்ளவும்

Siguraduhing sapat ang kinakaing pagkain at pag-inom ng tubig - kahit maubos man lang ang kalahati nito

அதையாவதார் அலாவு லுலுலோர்லோர் ஹேரீக் (புக்ரூ:யா:யா அதையாவதார் பகாநா னி அகழ்:ஃ:தவ்:நர் குக்அவ்:ஹேரீக்)



Change diapers at least once every four hours

每四小时至少更换尿布一次

Menukar lampin skurang-kurangnya setiap 4 jam

குறைந்தபட்சம் 4

மணி நேரத்தில் ஒரு முனையாவது மாற்றவேண்டும் (Diaper)

Palitan ang diaper / lampin makalipas ang kada 4 na oras

அகீ: அது:ஃ:நி அகழ்:ஃ: லை:நாரி தவ்வி:லு:பை:ரீக்



Apply moisturisers and protective cream
使用润肤霜（外敷）
Sapukan krim pelembab atau krim perlindungan di punggung

ஈரத்தன்னம் உள்ளமற்றும் பாதுகாப்பளிக்கும் கிரீம்களை தடவுதல் வேண்டும்
Pahiran siya ng moisturizers at protective cream

லிஅப்வொகேரெய்யா:தூர் அய்யா:அரெ ஹெர்வெ ஃபீயீ:யூகி டாட்:தாட்டூரவெய்யா/ காகூய்பே:வொ லிங்:வெ: (வென்) யூ:லிங்:பே:ரெக்



Use cushions to offload pressure
使用坐垫来减轻重压
Gunakan kusyen untuk melegakan tekanan di punggung

சிறிய மென்னமயான தலையணைகளைக் கொண்டு அழுத்தத்தை குறைத்தல் வேண்டும்
Gamitan ng unan upang maiwasan ang pressure

வகூகியினி தீயா: லெய்யி:டார்க்:வா வெரெக் லிஅப்வொகேரெய்யா:தூர் வென்:அப்: ஃயா:பே:ரெக்



Use mild soap for cleaning
清洗时，使用较温润的肥皂（如，婴儿肥皂水）
Gunakan sabun yang lembut untuk memnersihkan kulit

குளியலுக்கு மிதமான தன்மை கொண்ட சவர்க்காரப்சோப்பைப் பயன்படுத்தவும்
Gumamit ng sabon na hindi matapang sa pagpapaligo ng pasyente

வகூகியினி டாக்கி:ரெ:புலுப்வொஅலி அய்யெவொவெப்:பு ட்யூ:ரெக் (புலவ - கலெ:ட்யூ: வெப்:பு)



Walk patient when possible
在允许的情况下，尽量让病人多走行

Pesakit digalakkan berjalan
jika berupaya

முடிந்தவரை நோயாளியை
நடக்க வைக்கவும்

Palakarin ang pasyente kung
ma-aari

ဖြစ်နိုင်လျှင် လူနာအား
လမ်းလျှောက်စေရန်



Regular wound dressing
change

定时清洗伤口及更换药布

Membersihkan luka mengikut
arahan jururawat

வழக்கமான நேரத்தில்
புண்களுக்கு மருந்திட்டு
கட்டுதல்

Palitan ang benda
araw-araw

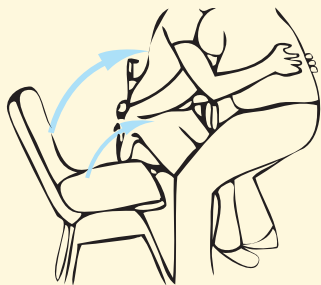
အနာဆေးခြင်း နှင့်
အနာပတ်တီးဝ/ဝမ်းဝ
လဲခြင်းများကို အချိန်မှန်
ပြုလုပ်ပေးရန်



Lifting techniques

Points to note:

- It is important to encourage the person to assist you as much as possible as you do not want him to be unnecessarily dependent.
- Do not think that it will be easier and quicker to do it all by yourself. You should also be conserving your energy for other tasks.



Moving from bed to chair

This transfer technique is used when moderate to maximum assistance is required to transfer a person.

e.g., when they do not have control of their sitting or standing balance.


- a. Make sure that you have plenty of room for the transfer.
- b. Place the wheelchair at 90 degrees from the surface you are transferring from.
- c. Make sure the brakes are applied.
- d. Move the person's bottom to the edge of the surface.
- e. Place your arms underneath the person's arm and around the person's bottom.
- f. Ensure that the feet of the person are firmly on the floor.
- g. Count to three aloud and then transfer, so that both of you move together.
- h. Gradually move in a smooth action, encouraging the person to assist as much as possible.

10 Days routine following discharge

DAY 1



Minimum frequency in a day:	1 X	1 X	5 X	4 X
Time	Shower / sponge patient	Change dressing	Change diapers	Apply cream / spray
7.00am				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
8.00am				
10.00am				
12.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
2.00pm				
4.00pm				
6.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
8.00pm				
10.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
10.00pm to 7.00am			Recommend to change diaper at least once during one of the turning	

 To do at the next block if not done at the designated time slot




7 X	6 X	5 X	4 X	8 X	3 X
Turn the patient	Use / flip cushion	Sit out of bed	Serve food	Serve water	Walk patient
				½ cup	
				1 cup	
				½ cup	
				1 cup	
				1 cup	
			Snacks	½ cup	
				1 cup	
				½ cup	
Recommend to continue at least 3 hourly turning					

10 Days routine following discharge

DAY 2



Minimum frequency in a day:	1 X	1 X	5 X	4 X
Time	Shower / sponge patient	Change dressing	Change diapers	Apply cream / spray
7.00am				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
8.00am				
10.00am				
12.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
2.00pm				
4.00pm				
6.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
8.00pm				
10.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
10.00pm to 7.00am			Recommend to change diaper at least once during one of the turning	

 To do at the next block if not done at the designated time slot




7 X	6 X	5 X	4 X	8 X	3 X
Turn the patient	Use / flip cushion	Sit out of bed	Serve food	Serve water	Walk patient
				½ cup	
				1 cup	
				½ cup	
				1 cup	
				1 cup	
			Snacks	½ cup	
				1 cup	
				½ cup	
Recommend to continue at least 3 hourly turning					

10 Days routine following discharge

DAY 3



Minimum frequency in a day:	1 X	1 X	5 X	4 X
Time	Shower / sponge patient	Change dressing	Change diapers	Apply cream / spray
7.00am				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
8.00am				
10.00am				
12.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
2.00pm				
4.00pm				
6.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
8.00pm				
10.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
10.00pm to 7.00am			Recommend to change diaper at least once during one of the turning	

 To do at the next block if not done at the designated time slot




7 X	6 X	5 X	4 X	8 X	3 X
Turn the patient	Use / flip cushion	Sit out of bed	Serve food	Serve water	Walk patient
				½ cup	
				1 cup	
				½ cup	
				1 cup	
				1 cup	
			Snacks	½ cup	
				1 cup	
				½ cup	
Recommend to continue at least 3 hourly turning					

10 Days routine following discharge

DAY 4



Minimum frequency in a day:	1 X	1 X	5 X	4 X
Time	Shower / sponge patient	Change dressing	Change diapers	Apply cream / spray
7.00am				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
8.00am				
10.00am				
12.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
2.00pm				
4.00pm				
6.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
8.00pm				
10.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
10.00pm to 7.00am			Recommend to change diaper at least once during one of the turning	

 To do at the next block if not done at the designated time slot




7 X	6 X	5 X	4 X	8 X	3 X
Turn the patient	Use / flip cushion	Sit out of bed	Serve food	Serve water	Walk patient
				½ cup	
				1 cup	
				½ cup	
				1 cup	
				1 cup	
			Snacks	½ cup	
				1 cup	
				½ cup	
Recommend to continue at least 3 hourly turning					

10 Days routine following discharge

DAY 5



Minimum frequency in a day:	1 X	1 X	5 X	4 X
Time	Shower / sponge patient	Change dressing	Change diapers	Apply cream / spray
7.00am				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
8.00am				
10.00am				
12.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
2.00pm				
4.00pm				
6.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
8.00pm				
10.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
10.00pm to 7.00am			Recommend to change diaper at least once during one of the turning	

 To do at the next block if not done at the designated time slot




7 X	6 X	5 X	4 X	8 X	3 X
Turn the patient	Use / flip cushion	Sit out of bed	Serve food	Serve water	Walk patient
				½ cup	
				1 cup	
				½ cup	
				1 cup	
				1 cup	
			Snacks	½ cup	
				1 cup	
				½ cup	
Recommend to continue at least 3 hourly turning					

10 Days routine following discharge

DAY 6



Minimum frequency in a day:	1 X	1 X	5 X	4 X
Time	Shower / sponge patient	Change dressing	Change diapers	Apply cream / spray
7.00am				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
8.00am				
10.00am				
12.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
2.00pm				
4.00pm				
6.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
8.00pm				
10.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
10.00pm to 7.00am			Recommend to change diaper at least once during one of the turning	

 To do at the next block if not done at the designated time slot




7 X	6 X	5 X	4 X	8 X	3 X
Turn the patient	Use / flip cushion	Sit out of bed	Serve food	Serve water	Walk patient
				½ cup	
				1 cup	
				½ cup	
				1 cup	
				1 cup	
			Snacks	½ cup	
				1 cup	
				½ cup	
Recommend to continue at least 3 hourly turning					

10 Days routine following discharge

DAY 7



Minimum frequency in a day:	1 X	1 X	5 X	4 X
Time	Shower / sponge patient	Change dressing	Change diapers	Apply cream / spray
7.00am				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
8.00am				
10.00am				
12.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
2.00pm				
4.00pm				
6.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
8.00pm				
10.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
10.00pm to 7.00am			Recommend to change diaper at least once during one of the turning	

 To do at the next block if not done at the designated time slot




7 X	6 X	5 X	4 X	8 X	3 X
Turn the patient	Use / flip cushion	Sit out of bed	Serve food	Serve water	Walk patient
				½ cup	
				1 cup	
				½ cup	
				1 cup	
				1 cup	
			Snacks	½ cup	
				1 cup	
				½ cup	
Recommend to continue at least 3 hourly turning					

10 Days routine following discharge

DAY 8



Minimum frequency in a day:	1 X	1 X	5 X	4 X
Time	Shower / sponge patient	Change dressing	Change diapers	Apply cream / spray
7.00am				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
8.00am				
10.00am				
12.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
2.00pm				
4.00pm				
6.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
8.00pm				
10.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
10.00pm to 7.00am			Recommend to change diaper at least once during one of the turning	

 To do at the next block if not done at the designated time slot




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Turn the patient	Use / flip cushion	Sit out of bed	Serve food	Serve water	Walk patient
				½ cup	
				1 cup	
				½ cup	
				1 cup	
				1 cup	
			Snacks	½ cup	
				1 cup	
				½ cup	
Recommend to continue at least 3 hourly turning					

10 Days routine following discharge

DAY 9



Minimum frequency in a day:	1 X	1 X	5 X	4 X
Time	Shower / sponge patient	Change dressing	Change diapers	Apply cream / spray
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8.00am				
10.00am				
12.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
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4.00pm				
6.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
8.00pm				
10.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
10.00pm to 7.00am			Recommend to change diaper at least once during one of the turning	

 To do at the next block if not done at the designated time slot




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				1 cup	
				½ cup	
				1 cup	
				1 cup	
			Snacks	½ cup	
				1 cup	
				½ cup	
Recommend to continue at least 3 hourly turning					

10 Days routine following discharge

DAY 10



Minimum frequency in a day:	1 X	1 X	5 X	4 X
Time	Shower / sponge patient	Change dressing	Change diapers	Apply cream / spray
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8.00am				
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12.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
2.00pm				
4.00pm				
6.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
8.00pm				
10.00pm				<input type="checkbox"/> Barrier cream <input type="checkbox"/> Hyperoxygenated spray
10.00pm to 7.00am			Recommend to change diaper at least once during one of the turning	

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				½ cup	
				1 cup	
				½ cup	
				1 cup	
				1 cup	
			Snacks	½ cup	
				1 cup	
				½ cup	
Recommend to continue at least 3 hourly turning					



Singapore
General Hospital



Changi
General Hospital



Sengkang
General Hospital



KK Women's and
Children's Hospital



National Cancer
Centre Singapore



National Dental
Centre Singapore



National Heart
Centre Singapore



National
Neuroscience Institute



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Information is valid as of March 2021 and subject to revision without prior notice

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