

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: Healthcare Number:

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
S Is the person that you are caring for feeling Sick or unwell? Do they need to see the GP?							
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 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.							