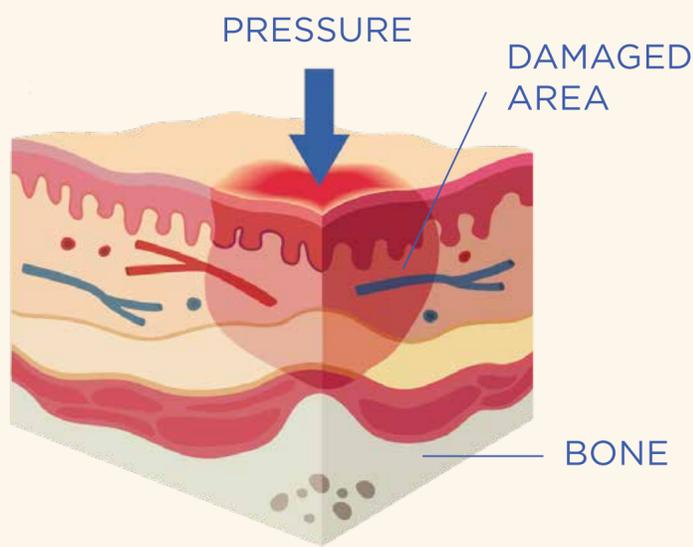


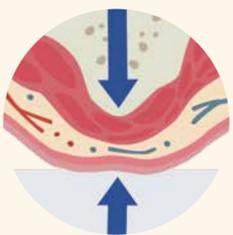
You can prevent pressure injuries!



What is a pressure injury?

A pressure injury is an area of damaged skin and tissue that typically develops over the bony areas of the body, from prolonged lying or sitting.

What are the causes?



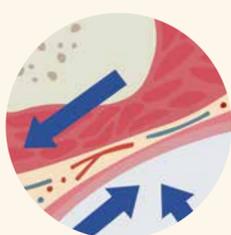
Pressure

Constant pressure reduces blood supply to the skin and increases risk of skin breakdown.



Friction or shear

Skin may become damaged during movement, when rubbed/dragged against a surface.



What are the risk factors?

Old age

Skin gets thinner & less elastic with age, increasing the risk of breakdown.



Malnutrition or obesity

Being underweight reduces muscle and fat protecting the skin. Being overweight puts excess pressure on the skin.



Reduced mobility

Difficulty in movement can increase risk of continuous stress at pressure-prone areas of the body.



Incontinence

Constantly wet skin (from urine or faeces) is more prone to skin breakdown.



Disease

Conditions that cause poor blood circulation (e.g. heart disease), sensation problems (e.g. nerve/blood vessel disease), or difficulties moving (e.g. stroke), can increase risk of skin breakdown.



The majority of pressure injuries are preventable.
Make pressure injury prevention your priority today!

Visit our **Pressure Injury Hub** at www.healthhub.sg/pressure-injury for more useful information and tips on pressure injury prevention and management.



MINISTRY OF HEALTH
SINGAPORE