

如何預防壓力性損傷



港島西醫院聯網 壓力性損傷工作小組

甚麼是壓力性損傷？

壓力性損傷是因皮膚或其深層組織受到壓力所致，常見於骨隆突處，如：手肘、腳跟、髌或臀部。其嚴重程度可深至皮下組織、筋腱、肌肉及骨骼。由於健康的皮膚需要良好的血液循環，所以長期臥坐於同一體位，會妨礙皮膚正常血液流通，造成持續泛紅、細胞缺氧、甚至皮膚壞死，形成壓力性損傷。

誰會發生壓力性損傷？

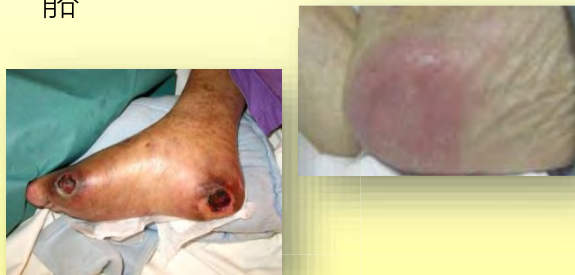
- 一般而言，風險較高者為：
- 活動不良者
 - 長期卧床或輪椅使用者
 - 長者或長期病患者



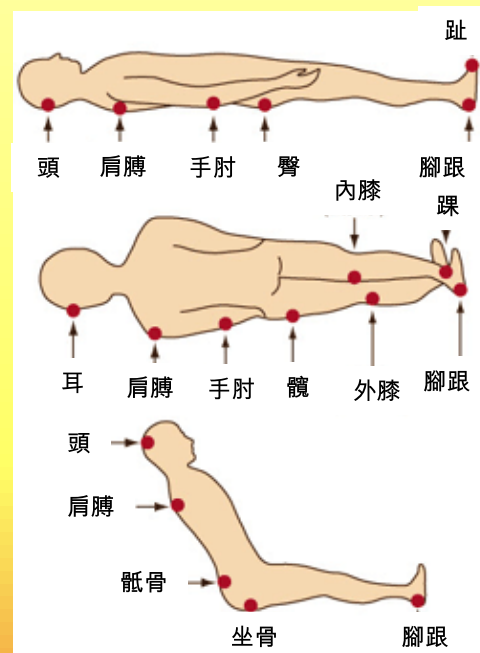
壓力性損傷的外觀

不同程度的壓力性損傷呈現的外觀包括：

- 持續不退減的紅印
- 皮膚組織破損潰爛至肌肉及骨骼



形成壓力性損傷的高危部位



體位轉換

- 每二至四小時要協助體位移動，例如：
 - 站立數分鐘
 - 短途步行
 - 協助坐臥者轉換身體位置
- 由於腳跟皮膚柔軟及脆弱；轉換體位時宜避免腳跟受壓
- 使用減壓床墊可分散及減輕皮膚受到的壓力，減低形成壓力性損傷的機會



照顧者小貼士

- 請勿忘記檢查耳朵及腳趾尖端，這些均是壓力性損傷出現而常被忽略的位置
- 避免穿著太緊橡筋口的襪子，以免妨礙足部血液循環，導致皮膚組織受損
- 皮膚持續泛紅並不尋常，宜盡早尋求醫護人員的協助

Reposition
體位轉換

Inspect
定時檢查

Skin Care
皮膚護理

Eat Well
營養提昇

定時檢查

- 按時檢查皮膚狀況，並特別注意骨隆突處
- 如發現皮膚持續泛紅，應保護及避免皮膚繼續受壓，並尋求醫護人員協助
- 若患者的皮膚觸痛感減弱，應作詳細檢查



皮膚護理

- 清潔皮膚時，應使用性質溫和的肥皂或沐浴露輕柔印乾，切勿用力拭擦
- 經常保持失禁者皮膚清潔及乾爽
- 使用皮膚保護霜減少刺激性排泄物對皮膚造傷害


營養提昇

- 充足的營養和水份對於身體康復十分重要
- 少食多餐較一頓飽餐更容易吸收營養
- 乾燥的肌膚可能顯示身體缺乏水份。如身體沒有嚴重肝、腎、心肺疾病，建議成年患者每天應飲用6-8杯(約一公升)飲料
- 如有疑問，可向醫護人員查詢



參考資料


- Dykes, P., & Bradbury, S. (2017). Comparing the effectiveness and wash-off resistance of skin barrier creams: a healthy volunteer study. *J Wound Care*, 26(9), 552-557.
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- www.irishpracticenurses.ie

 瑪麗醫院 Queen Mary Hospital	Pamphlet Topic & Department Code
Ownership	QMH/Quality & Safety-4 (HKWC WGPIM-01)
Last review/revision	May/2023
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Prevention of Pressure Injury



HKWC Working Group on Pressure Injury Management

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What is a Pressure Injury?

A pressure injury is an area of damage to the skin usually over a bony area such as the hip, buttock, heels or elbows. The skin needs a good blood supply to stay healthy. Too much pressure on the skin, for instance, sitting or lying in one position for a long time, can cause disruption of blood flow to the skin. If pressure continues, the skin will become damaged and resulted in pressure injury.

Who are the at risk patients?

The following patients are particularly at risk:

- Patients with reduced mobility
- Patients are confined to bed or in wheelchairs for long periods of time
- Patients with chronic illness

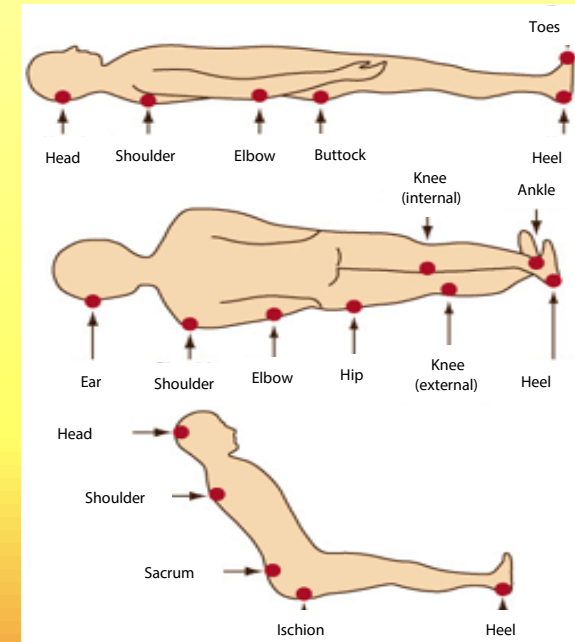


What are Pressure Injuries look like?

A pressure injury can present as redness of the skin that does not go away or an open wound that goes beyond skin layers to muscles or bone.



The risk areas of getting pressure injuries.



Reposition

Assist the people at risk to move every 2 to 4 hours, such as:

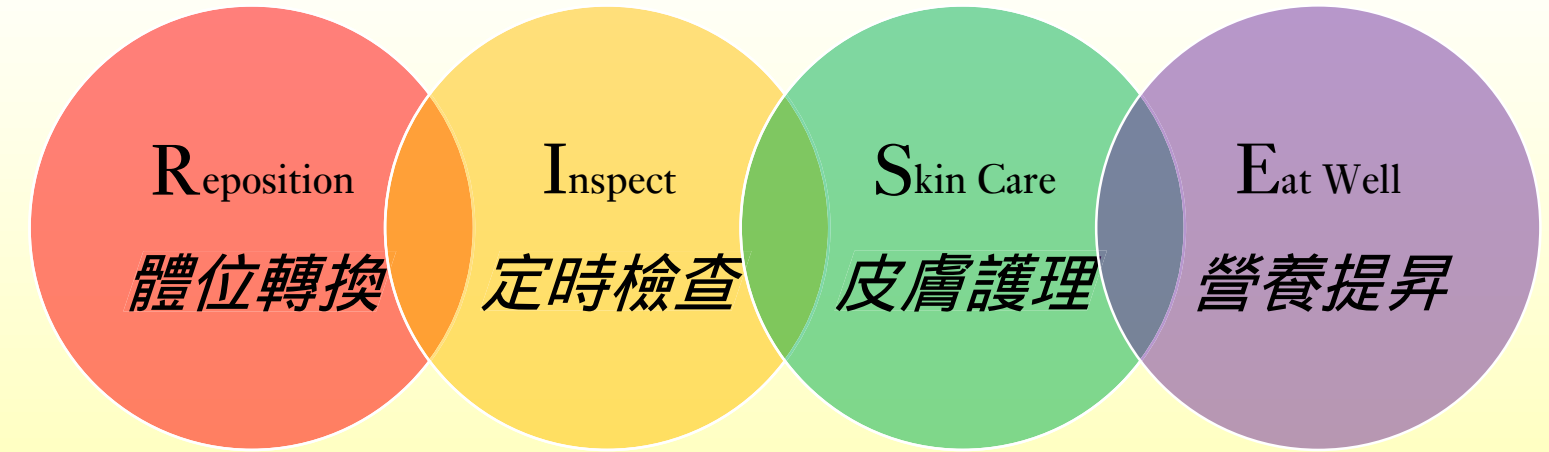
- Standing with help for a few minutes
- A short walk
- Changing position in the chair or bed

Always try to keep the heels free of pressure as they are soft and can become damaged very easily. Using a pressure redistributing mattress can help disperse and reduce the pressure on the skin



Care Giver Tips

- Don't forget to check the ears and tips of toes. These are common areas where pressure injury develop and being neglected.
- Choose socks that do not have a tight elastic band at the top as this can impede circulation in the legs.
- Remember redness is a warning sign of pressure injury! Talk to a healthcare professional if it happened.



Inspect

- Inspect the skin at least daily for signs of redness particularly at the risky areas
- If you notice redness that does not go away, keep pressure off the area and inform healthcare professionals who will be able to advise you
- If the people have very poor sensation of their skin and will not be able to tell you, do inspect their skin carefully



Skin Care

- Use mild soap and water during skin care. Pat the skin dry but do not rub!
- Always keep skin clean and dry for incontinence patients
- Use skin protective cream to reduce skin damage caused by irritated excreta

Eat well

- Nutritional food and adequate fluid intake are essential to promote wound healing and keep people stay healthy
- Sometimes offering small and frequent meals to the people at risk are better in nutrient absorption
- If the skin is very dry, it may indicate that the people do not have enough fluid. It is advised to have a daily intake of 6-8 glasses of fluid for adult without major heart, lung, kidney or liver diseases
- Contact your healthcare professionals for advice if necessary



Reference

Dykes, P., & Bradbury, S. (2017). Comparing the effectiveness and wash-off resistance of skin barrier creams: a healthy volunteer study. *J Wound Care*, 26(9), 552-557.
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This leaflet is intended as a guide only. If you are concerned about anything in this leaflet, please discuss with your healthcare professionals.