



**I trust you to care...**  
...that I don't get a pressure ulcer



- Have I been risk assessed?
- Am I well nourished and have I had the right amount of fluids?
- Is my skin clean and dry?  
Is there any redness or breaks developing?
- Do I have a repositioning regime?
- Do I need pressure relieving / reducing equipment? Airbed, foam bed, bed or chair protectors, heel protectors?

For more information speak to:

Or see your intranet

Plymouth Hospitals   
NHS Trust

*Plymouth Community*  
**HEALTHCARE**