



Check - Protect - Refer for 'At Risk Feet'

Patient Information

The aim of 'CPR for At Risk Feet' is to ensure patients do not develop an avoidable foot ulcer during their stay in hospital and those who are admitted to hospital with a current foot ulcer are referred on appropriately.



Scan Me

Who Is At Risk of Developing a Foot Ulcer?

Any In-patient is 'At Risk' of Developing Pressure Damage

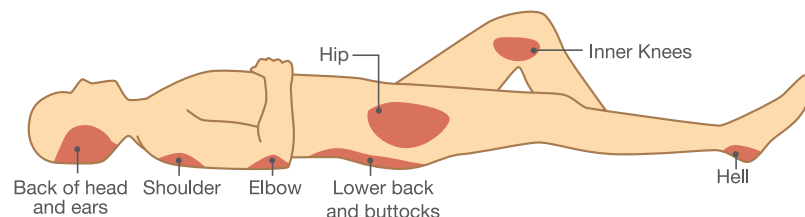
But you may be at higher Risk if you:

- Have reduced mobility & cannot change position without help.
- Have had previous pressure damage.
- Cannot feel pain or have reduced sensation.
- Have Diabetes. Peripheral Vascular Disease, Neurological Conditions or have had a Stroke.
- Are an Amputee.
- Recovering from Surgery.
- Frail / Malnourished.

What Is Pressure Damage?

Pressure Ulcers are described as 'an injury that breaks the skin and underlying tissue. They are caused when an area of skin is placed under pressure or friction and are sometimes known as 'bedsores' or 'pressure sores'(HIS2016)

The diagram below highlights the most common areas where a pressure ulcer may occur when you are in contact with a surface.



PRESSURE SORES

Pressure Damage to your feet can delay your Discharge from Hospital, result in Infection and even amputation.

Thus it is important you consider the following questions:

- Have you had a history of previous ulceration or amputation?
- Have you peripheral neuropathy (lack of feeling/perception of pain)?
- Have you peripheral vascular disease (impaired circulation)?

If yes to any of the above, you need to inform the nurse on your admission and **CPR for Feet** will be undertaken.

What can You Do?



1 Check - your feet twice a day or ask family / carer or health professional to help and



2 Protect - You may be asked to wear a pressure relieving device in bed-this will prevent any damage to the skin.



3 Refer - alert staff to any red / blistered areas or breaks in the skin immediately.



Check - **P**rotect - **R**efers

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