

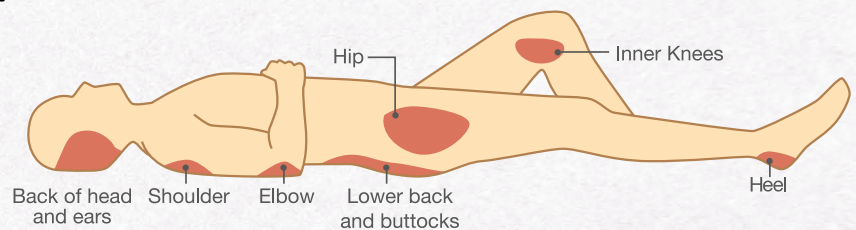
# Nutrition and pressure ulcers



Pressure ulcers are damaged skin and underlying tissue that is caused from prolonged pressure on the skin. Without the correct treatment they can cause pain and damage the muscle and bones beneath the skin, which can lead to an increase risk of falls.

Having poor Nutrition and dietary intake are key factors in the development of pressure ulcers and delayed wound healing. Hydration is necessary to support the blood flow to the wounded tissue and prevent from further skin breakdown. Having sufficient hydration encourages the delivery of Oxygen and nutrients to damaged and healthy tissue. Wounds that exude may increase the need for water to replace the losses.

Both underweight and overweight people have a higher risk in pressure ulcers due to poor mobility and Nutrition. Reduced body mass and a compromised immune system can affect the healing process in older adults.



## Prevention of pressure ulcers:

- Minimising sedentary behaviour is important to prevent pressure ulcers, by moving regularly can reduce the pressure on the skin
- Once a person has recovered from a pressure ulcer, it may be necessary to use exercise as the appropriate intervention to rebuild muscle mass and reduce the risk of falling after recovery
- Keeping people hydrated and eating a balanced and healthy diet plays an important role in skin and tissue repair

## Management of pressure ulcers:

- A large pressure ulcer wound can lose 100g of protein a day. The loss of this protein needs to be replaced. High protein foods include dairy food, meat, fish and eggs
- Increased protein has been linked with greater healing rates
- Foods high in iron are important for wound healing. This includes meats, fish and eggs
- Foods rich in vitamins and minerals work to absorb iron for the healing process
- Vitamin C helps build a resistance to the infection
- Fluid replacement depends on the volume of losses from the wound