

# Pressure injuries

A pressure ulcer is an injury to the skin and underlying tissue that is usually caused by unrelieved pressure, usually on the buttocks, hips, heels, elbows and shoulders. These areas have the most pressure when you are lying in bed or sitting for long periods. Pressure ulcers begin as reddened areas. Even slight rubbing or friction on the skin may damage the skin or worsen a minor pressure ulcer.

## Pressure points are different for children.

Pressure ulcers on children usually occur on the back of the head, lower spine area, earlobes and heels.

## The following increase the risk for pressure ulcers:

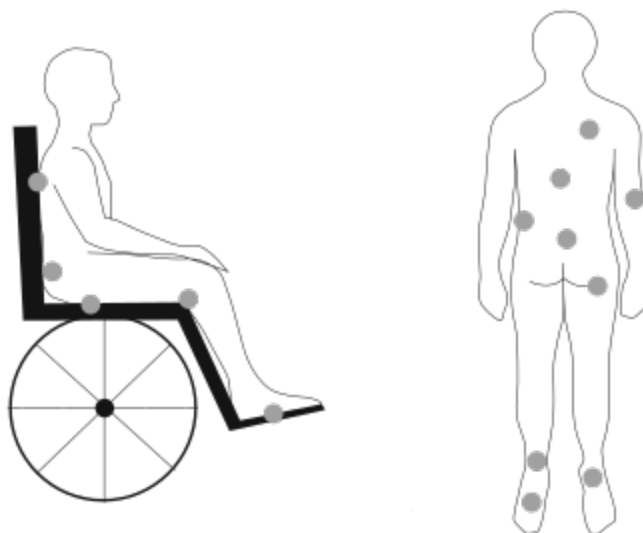
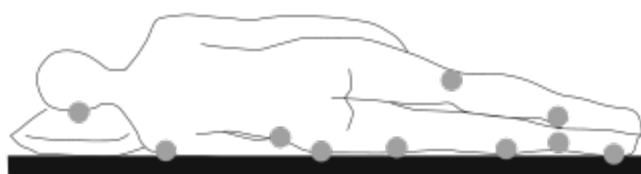
- Inability to change positions
- Wetness
- Not eating or drinking enough
- Reduced mental awareness or confusion

## Pressure ulcers are serious problems and can lead to:

- Pain
- Slower recovery from health problems
- Possible complications (such as an infection or difficulty walking)

**Pressure ulcers may be preventable. By talking with your health care team about your risk factors and prevention, you may be able to prevent or reduce pressure ulcers.**

### Adults: Common Pressure Points



### Children: Common Pressure Points

