

Protecting your child's skin – keeping safe to prevent Pressure Injuries

Who is this information for?

This information is for families and carers of children admitted to Monash Health.

What are Pressure Injuries?

- Also known as pressure sores, a pressure injury is an area of skin that has been damaged due to unrelieved (constant) pressure
- Pressure Injuries usually occur anywhere on the body, and usually develop over bony areas such as elbows, heels, head, ankles and the tailbone
- Pressure injuries may present as something as little as an area of red skin which may hide more damage under the skin surface
- People of all ages including babies and children can develop pressure injuries

What to look for?

A pressure injury may be developing if your child has any of the following symptoms:

- Redness of the skin, or changes in skin colour
- Tenderness, pain or itching in affected areas
- Blisters
- Broken skin

Why are Children at increased risk?

Children have an increased risk of developing a pressure injury in hospital if they have:

- A plaster cast, splint or brace
- Equipment pressing on their skin e.g. intravenous cannulas and feeding tubes
- Limited movement or are restricted to bed rest
- Reduced feeling or sensation in the skin
- Not been eating or drinking enough

Children can't always express the cause of their pain clearly, especially when they are very young, which is why it is important to be aware of the different signs that your child may be suffering from pain and developing a pressure injury.

Information for patients, families and carers

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Before doing any of the following to prevent a pressure injury, please check with your child's nurse that it is ok to do so.

- Where possible encourage your child to move or assist them to change their position regularly
- Where applicable encourage your child to eat or drink – You can speak with staff about your child's diet and how much they are drinking
- If your child wears a nappy, ensure it is changed as soon as possible when it becomes wet or dirty
- Check your child's name bands are not on too tight
- Make sure your child is not lying on or has any equipment or tubing pressing on their skin
- Check your child's skin for anything abnormal or unusual – You are also encouraged to ask your nurse if they have checked your child's skin today

By doing these things you can help to prevent your child from developing a pressure injury. A pressure injury is much easier to prevent than treat.

Tell a nurse or doctor immediately if:

- You notice anything abnormal or unusual about your child's skin
- Your child complains of pain or soreness, discomfort or pins and needles
- Your child complains of pain around an attachment or device or under a splint or cast

For information



For interpreting services call **131 450**

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