

New Pressure Ulcer Prevention Resource

Service user, carer, PA and health professional led project



We have developed a new resource to help prevent pressure ulcers at home. Just click on this link to access it <https://www.pressureulcer.co.uk/>

What is the resource about?

Pressure ulcers can be serious, but most can be prevented. We understand that preventing pressure ulcers while continuing to do the things that matter most to you can be challenging. This website offers practical advice, tools, and information to help prevent pressure ulcers at home. It may also be helpful if you support or care for people with long-term health conditions.

This website has been developed by people with long-term health conditions, such as Multiple Sclerosis, Spinal Cord injury, and Spina Bifida, together with carers, personal assistants, health professionals and researchers.

You can work through the website step-by-step or go straight to the sections that matter most to you. Sections include:

- What is a pressure ulcer
- What puts you at risk of pressure ulcer
- Pressure ulcer prevention
- Developing a safe routine
- Spotting changes in your skin
- What to do if you notice changes
- Communication tips



A paper version of this information is also available. Please contact us on PUPstudy@leeds.ac.uk, 0113 343 0282 to request this.

Have your say!

If you look at the website on a desktop computer, then a pop-up box will appear with details of how to give feedback. If you look at the website on your phone, please visit the 'feedback' page. You can find the feedback page by clicking on the menu at the top right. You can also give feedback on the paper version. You do not need to know anything about research or pressure ulcers to tell us what you think.