Bed Sore

Definition: Bed Sores or Pressure Sore is a sore that develops on the surface of the skin for a long time due to pressure exceeding the normal capillary pressure (23 mmHg), characterized by redness and erythema in whites and purple in dark skin. If the pressure continues, it will cause tissue damage and insufficient blood supply to these areas and necrosis.

Common points of bed sores:

Lying on your back: Occipital bone, spine, elbow, sacrum, heel
Lying on your stomach: Forehead bone, chest, knees, pelvic bumps, toes
Lying on your side: Scapula, iliac crest, large ridge of femur, ankle
Wheelchair Patient: Saccharomyces, Batex, below the knee

Signs and Symptoms:

1. In its early stages, the most superficial type of injury is cutaneous and the skin turns red.
2. This stage is associated with damage to the surface layer of the skin, but this damage does not extend beyond the middle layer of the skin.
3. In the third stage, the lesion affects all layers of the skin and may also damage the subcutaneous tissues.
4. In the fourth stage, the wound is quite deep and penetrates into muscles, tendons or even bones.

Bed Sore Prevention

- Change the patient's condition every 3 hours
- Change the patient’s wet bedsheets - Moisture provides the basis for bed sores.
- Examine the skin of pressurized areas for bed sores
- Monitor the patient's urinary and fecal incontinence (having a urinary catheter and keeping the patient's perineum clean)
- Control bedsheet under the patient, it should not be wrinkled.
- Use a wavy mattress - These mattresses prevent concentrating pressure on a spot on the skin.
- The patient should not be dragged to the bed while moving, but the patient should be lifted - friction can cause sores.
- Prevent dry skin
- Lubricate healthy skin with natural lubricants such as olive oil or bitter almond oil
- Bed bathing in these patients
- Use water cushions for the heel
- Use a pillow between the legs when the patient is lying on their side
- Do not massage the bony prominences
**Bed Sore Care:**

- Reduce pressure on the injured area, it is the first step in healing a bed sore.
- **Change the position:** The position of a patient with bed sores should be changed regularly, he/ she should be in a proper position. The person sitting in a wheelchair should change his position every 51 minutes and the person lying down should change his/ her position every two hours.
- **Remove damaged and dead tissue of bed sores -** In order to heal the tissues, first remove the dead tissue. Therefore, various methods are used, which are:
  - Performing surgery to remove dead tissue from the body
  - Dressings for damaged areas accelerate the healing and removal of dead tissue.

- When a wound has formed, rinsing should be done with normal saline solution.
- **Betadine should not be used to treat bed sores - betadine kills cells that have just formed to heal.**
- The diet should include adequate energy - protein (white meats, especially fish - legumes and nuts), calcium, zinc, vitamins C and E, and fresh vegetables and fruits.
- Consume the recommended amount of fluids to keep the skin healthy (fluid intake is at least 8 to 51 glasses per day)

There are different types of dressings in the form of gauze-gel-foam or ready-made dressings.

If you have any questions or ambiguities, call the following phone number:

023- 33437824

Internal ward of Kosar Hospital