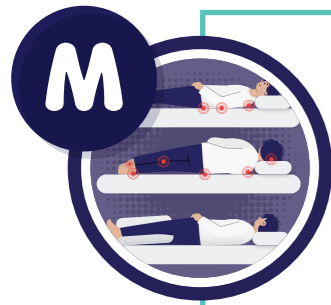


# MOVES: Your safe routine to prevent pressure ulcers

Simple actions to keep your skin safe



**Actions you will take:**

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**What support do I need? (People or equipment):**

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## Move

- Change your position to reduce and spread pressure. This can include big position changes or lots of smaller movements to keep you safe.
- Build up gradually to make sure your skin stays safe.
- If you need help to change position, make sure you have the right equipment or people ready to help.
- Listen to your body. You may not feel pressure but look for other signs of being unwell. These can include sweating, increased spasms, or Autonomic Dysreflexia.
- Use prompts to remind you to change position e.g. alarms or ask people to remind you.



**Actions you will take:**

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**What support do I need? (People or equipment):**

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## Observe

- Observe changes in health and personal circumstances that could increase risk
- Notice changes in your health, routine, environment, or equipment that may increase risk.
- Be extra careful if you become unwell, even a cold may mean you do not move as much or change your posture.
- Keep healthy – eat and drink well.



**Who helps with everyday support:** \_\_\_\_\_

**My key contacts:** \_\_\_\_\_

**NHS contacts (e.g. GP, district nurse):** \_\_\_\_\_

**Equipment contacts:** \_\_\_\_\_

**Charity contacts:** \_\_\_\_\_

## Voice

- Identify your sources of support e.g. family, carers or PAs. Talk to them about how they can help you.
- Be aware of outside support including condition related charities and forums.
- Identify your NHS contacts in case you need clinical support.
- Be clear about what is important to you when communicating with others.



**Actions you will take:**

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**What support do I need?** \_\_\_\_\_

**Equipment last reviewed:** \_\_\_\_\_

## Equipment

- Use equipment that helps reduce pressure or helps you to move.
- Check your equipment every day. Make sure it's set up right, working well, and not worn out.
- Your equipment needs may change. Promptly seek further assessment if you notice changes in your activity levels and mobility.



**Actions you will take:**

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**What support do I need? (People or equipment):**

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## Skin

- Regularly check your skin in the areas where pressure ulcers are common and under medical devices e.g. splints. Look out for red patches, damaged skin or soreness.
- By getting to know your skin and how it responds to pressure, you will begin to understand how often you need to change position in different situations (i.e. if sitting or lying).
- If you notice changes like redness or altered skin tone, consider moving or repositioning more often.
- Keep your skin clean and dry.