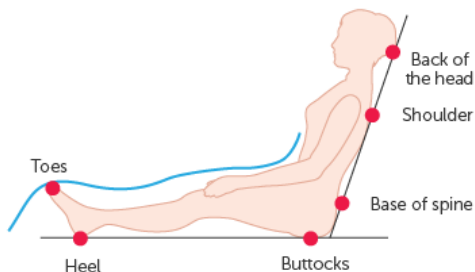


PRESSURE ULCER PREVENTION

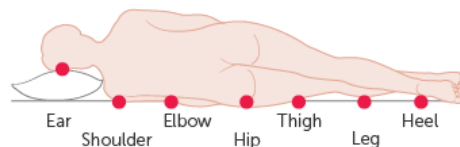
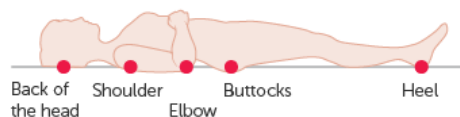
Common body sites for pressure ulcers

These are usually over bony prominences, so areas to monitor are:

- Base of spine
- Heels
- Buttocks
- Ears
- Elbows
- Hips
- Toes
- Shoulders
- Back of the head



Cancer Research UK
Original diagram by the Tissue Viability Society



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Original diagram by the Tissue Viability Society