

A1. PREVENTION AND TREATMENT OF PRESSURE SORES

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Pressure sores are tissue injuries caused by insufficient irrigating due to long term compression between bones prominences and a solid surface.

Pressure sores prevention consists of a set of specific measures:

- Supervision of the skin in the predisposed areas, at bedridden patients
- Avoid keeping the patient for a long time in the same position
- Rigorous hygiene of linens and avoidance of creases and seams
- Avoid excessive heat and moisture
- The use of complementary tools
- Balanced nutrition and hydration
- Stimulating blood vascularization through massage

Pressure sores treatment involves reducing the risk factors, mobilization, wound care and surgical treatment.