



'Oh Yay Oh Yay' its Stop the Pressure Day!
Thursday 17th November 2022

You can make a difference - get involved on **'Stop the Pressure Day'** to raise awareness of the dangers of pressure damage, how to prevent it and stop it in its tracks.



Plan	Communicate	Do	Share
Think about what you can do, prepare be as creative as you like	Let us know what you are going to do. we can plan a visit to join in the fun h.degnan1@nhs.net	Do it, make it enjoyable, involve everyone! Have fun and take lots of pictures.	Share with others what you have done, we can help with this by sharing your pictures and activities with all our partners in care



Thursday 17 November marks this year's **International Stop The Pressure Day**- Which is our chance to reflect on the major harm and distress that can result from pressure ulcers. These are serious, localised injuries to the skin and/or underlying tissue as a result of pressure, or pressure/shear with friction- which have a huge impact on a patient's quality of life leading to increased pain, risk of infection, depression and even death

Pressure ulcers cost the NHS and care organisations in the UK around £6.5 billion per year, affect around 700,000 people every year

How Can Your Team Fight Pressure Damage This November?

Many pressure ulcers are avoidable if simple knowledge is provided and preventative best practice is followed!



- Quick Quiz?
- Get Dressed Up?
- Get Baking?
- Create a Display?
- Share on Social Media?

- Tell us how your teams are working to "Stop the Pressure" for those in your care– We can share your great work with providers across North Yorkshire and York so we can share best practice and learn from each other.
- Get creative and organise activities with your staff and residents to promote pressure ulcer prevention. This is your chance to promote the simple steps we can all take to prevent them and protect those in our care.
- Take part in "React to Red" training as a refresher on when to identify someone at risk of pressure damage, and how to prevent it
- Join us at the Partners in Care Virtual Forum on **Thursday 17 November 2.00-2.45** (Vale of York Providers only)- Which will be themed session with the tissue viability service focusing on the importance of preventing pressure ulcers. All staff are welcome at this forum– Don't forget to bring along any pressure ulcer champions
- York and Scarborough Teaching Hospitals NHS Foundation Trust will be hosting a study day open to all on **Tuesday 22 November**- Which includes a range of sessions relevant to all. You can attend the whole day or just individual sessions!

For further information contact h.degnan1@nhs.net or sam.varo@nhs.net