



Personal Pressure Care

This is the redistribution of pressure to either eliminate or reduce the pressure put on the skin of patients.

When continuous pressure is applied to the skin, such as when a patient may not be able to move and are bed-bound, pressure sores can form.

At the end of the training participants will be able to:

- Understand the role of the carer when providing personal care
- Understand incontinence and its control
- Describe the importance of personal hygiene procedures
- Understand pressure sores and how they can be avoided

