

HAMUR - pressure ulcer prevention

SKIN INSPECTION



Inspect skin for patients at risk at least twice daily. Remember the fingertip blanching test!

NUTRITION



Monitor patients nutritional and fluid intake and ensure that his needs are fulfilled

SURFACE

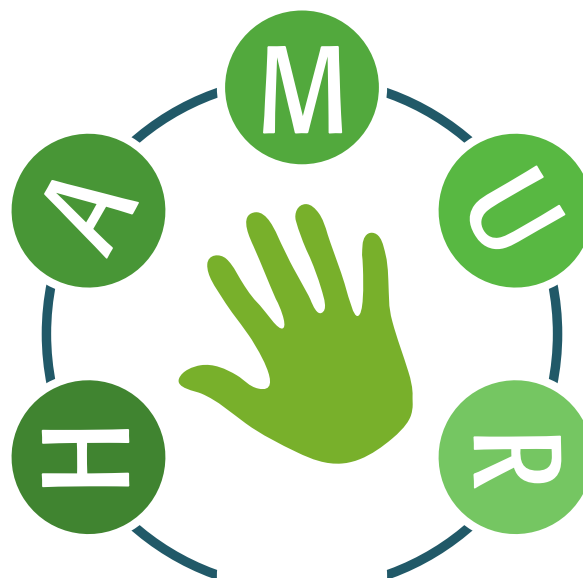


Choose a pressure relieving surface (mattress, cushion etc.) that best fits your patients needs

MOBILIZE



Make instructions on how often the patient should be repositioned in bed or chair and ensure to reach that goal



MOISTURE



Make sure that moisture, urine or feces does not stay on patients skin

