Irreversible damage can occur between just **1 and 4 hours**[1]

STOP IT

BEFORE IT STARTS

1. Gefen A. How much time does it take to get a pressure injury? Integrated evidence from human, animal and in vitro studies. Ostomy Wound Manage. 2008b; 54(10): 26-8, 30-5.

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The main causes of pressure injuries in care environments:

STOP IT

BEFORE IT STARTS

Pressure

Every patient will have different levels of mobility, but for those who cannot reposition themselves, pressure will be exerted on the same part of their body, often for long periods of time. This disrupts the flow of blood, starving the area of nutrients and oxygen and can give rise to ischaemia or irreversible necrotic injury[1]. This pressure is one of the main causes of pressure injuries.

Time

Time is critical in the development of a pressure injury. Tissue can withstand high pressure for short periods of time or low pressure for longer periods. In vulnerable patients, irreversible damage can occur between just one and four hours.

Shear

Pressure injuries most often occur over a bony prominence as a result of pressure or a combination of pressure and shear[1]. Shear forces can aggravate the effects of pressure.

Microclimate Management

The microclimate of a patient's skin is affected by heat and moisture. There are a number of ways to normalise the skin condition, the simplest being to reposition the patient.

Referenced from ARJO blog: https://blog.arjo.com/3-pressure-injury-prevention-causes

Individual references:

1. National Pressure Ulcer Advisory Panel, European Pressure Ulcer Advisory panel and Pan Pacific Pressure Injury Alliance. Prevention and Treatment of Pressure Ulcers: Clinical Practice Guideline. Emily Haesler (Ed.). Cambridge Media: Osborne Park, Western Australia; 2014

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