

# Under Pressure!

Having a great day, but not doing so much,  
You can sometimes forget the risks of the touch.  
I'm not talking about a hug, a cuddle or kiss,  
I'm speaking of pressure, so listen to this!

Starting with the ears, and the back of the head,  
Your shoulders and elbows; particularly in bed.  
Also your hips, your ribs, the base of your spine,  
Your thighs and your knees; especially when supine.  
The heels and toes, and don't forget your behind,  
When sitting and lying and even inclined.  
It's mostly about force, but it's also about time,  
Now remember to look and follow the rhyme.

You're more at risk, when you're not moving a lot,  
When you've lost some weight, and it's particularly hot.  
When you slide down your bed or even your chair,  
If your skin is moist and exclusively bare.  
If you don't eat that well, and drink too little  
Or reached an age, or fragile or brittle.  
Diabetes is one to remember as well,  
Forgetful too? Don't worry or dwell  
Those around you will know and give you good care  
If you have had one before, we should also beware.

Not keeping an eye or doing enough,  
 Can develop an ulcer and that can be tough.  
 A wound that is sore, with the risk of infection  
 It could inevitably lead to a limb amputation.  
 We don't mean to scare, or frighten the kids,  
 But prevention is better than trying to rid.  
 Dressings and creams can only help so far,  
 So take action now, don't be left with a scare.

The places to watch and the risks we know,  
 The harm as well, if we are too slow.  
 It's time for action and for us all do our bit,  
 We can stop pressure damage, if we willing to commit.

First we move, stand up if we can,  
 Change position a lot, and follow the plan.  
 Ask for help, and prompt for a move,  
 Use a special mattress if OT approve.  
 Skin should be clean and reasonably dry,  
 Moisturise is important, but thinly apply.  
 Sheets should be smooth, no wrinkles to be seen,  
 Eat balanced and well, with plenty of the greens.  
 Drink a lot of fluid, aim for two litres,  
 Follow these rule, there's no room for cheaters.

At the first sign of redness, we need to do more,  
 Let us all work together, like never before!  
 If we all play our part, and are ready to fight,  
 We will see better days, the end is in sight!