

## ALLEVYN<sup>®</sup> LIFE user guide

ALLEVYN LIFE dressings can contribute to a pressure ulcer prevention program to help prevent pressure ulcers<sup>1,2,3,4</sup>.



ALLEVYN LIFE dressings can be used to protect at-risk areas or areas showing early signs of damage.



### Application

1. Select appropriate dressing from the range.
2. Ensure that skin is clean and dry before applying ALLEVYN LIFE.
3. Apply ALLEVYN LIFE as per instructions for use.

## Treatment

ALLEVYN<sup>®</sup> LIFE dressings can also be used in the treatment of pressure ulcers with moderate to high levels of exudate.

### Ordering information

ALLEVYN LIFE			
S&N code	Size	Pad size	Carton
66801067	10.3 x 10.3cm	5.1 x 5.1cm	10
66801068	12.9 x 12.9cm	7.6 x 7.6cm	10
66801069	15.4 x 15.4cm	10.2 x 10.2cm	10
66801070	21 x 21cm	15.4 x 15.4cm	10
66801306	Sacrum 17.2 x 17.5cm	-	10
66801307	Sacrum 21.6 x 23cm	-	10
66801304	Heel 25 x 25.2cm	-	5

### References

1. Brendle T. Preventing sacral pressure ulcer development in the surgical patient population. Poster presented at OR manager Conference 2015.
2. Clarke B. Positive patient outcomes: The use of a new silicone adhesive hydrocellular foam dressing for pressure ulcer prevention and treatment. Poster presented at CAET 2013.
3. Swafford K, Culpepper R and Dunn C. Use of a comprehensive pressure ulcer prevention program to reduce the incidence of hospital-acquired pressure ulcers in an intensive care unit setting. E-Poster presented at EWMA 2015.
4. 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.

### Supporting healthcare professionals

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ALLEVYN<sup>®</sup> LIFE

Designed for people who  
happen to be patients

Pressure ulcer  
prevention

Quick reference guide

## What is a pressure ulcer?

A pressure ulcer is damage to the skin and underlying tissue. Such a wound can range from superficial damage (category 1) to deep wounds (category 4). Pressure ulcers can develop quickly and are slow to heal. They are caused by 3 main things:

**Pressure** – the weight of the body pressing down on the skin which disrupts the blood flow. Blood brings oxygen and nutrients to the skin and without a constant supply the skin cells will die.

**Shear** – when part of the body moves but the skin stays in place, forcing different layers of the skin to slide over one another which could cause deep tissue damage.

**Friction** – rubbing on the surface of the skin which could cause superficial damage.

Pressure ulcers can be very serious and take a long time to heal so it is important to look out for the **early signs**:

- **Discoloured skin**
- **Hot or cold patches**
- **Hard patches**
- **Swelling**
- **Pain or itching**



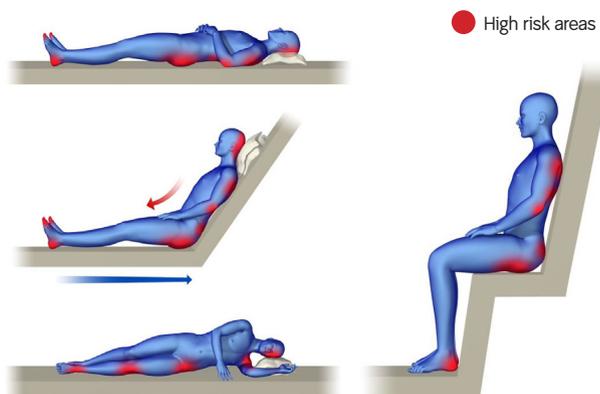
Discoloured skin

## Risk factors

The following factors may increase the risk of a patient developing a pressure ulcer:

- A pressure ulcer has developed in the past
- Immobility or trouble with moving
- Sensory loss (cannot feel pain)
- Seriously ill or undergoing surgery
- Poor diet and/or low water intake
- Heavy or obese (high BMI)
- Fragile skin
- Incontinence

The most common places for pressure ulcers to occur are over bony areas (bones close to the skin) like the sacrum (lower back), heel, ankle, hip, elbow, shoulder, spine and the back of the head



## Pressure ulcer prevention

An early risk assessment helps to identify high-risk patients that need a care plan. A care plan to prevent pressure ulcers usually involves:

**Surface** – pressure relief mattresses or cushions could be used to offload pressure from high-risk areas. Polyurethane foam dressings like ALLEVYN® LIFE also offer local pressure relief. Barrier films could be used to reduce shear and friction caused by sliding.

**Skin integrity** – skin should be checked regularly for discolouration and other early signs. Affected areas should be offloaded as much as possible and barrier creams could be used to moisturize and condition the skin.

**Keep moving** – it is very important to keep changing the position of at-risk patients to avoid continuous pressure at any one point, especially bony areas like the heel or sacrum (lower back).

**Incontinence** – skin should be kept clean and dry to avoid breakdown. A skin cleanser could be used to clean the skin without rinsing. Barrier films or creams could be used to create a protective layer.

**Nutrition** – eating well and drinking enough water is very important to keep skin healthy and is critical to help skin healing.