



Skin Care Advice

Information for patients, relatives and carers

Patient's name.....

Date leaflet given

Date you need to contact the District Nursing Service
(month)

Date pressure ulcer leaflet given.....

Has this information been shared
with carer/relative?.....

① In the month you need to contact the District Nurses,
please ring Single Point of Access (SPA) or ask
somebody to do this on your behalf.

Telephone: 01904 721200 to make an appointment in
clinic or request a home visit if housebound.

Email: yhs-tr.SinglePointofAccess@nhs.net

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Introduction

Until now you have been under the care of district nursing community services. As part of your care, you were assessed as being at risk of damage to your skin.

Your “Pressure ulcers prevention and treatment “leaflet explains what you should look for and what to do to look after your skin.

As the wound has now healed and your condition is stable we are discharging you from our service as you no longer require our support. However, you may still be at risk to pressure or skin damage.

We may have provided you with an item of pressure relieving equipment, such as a cushion. And have provided you with further advice on changing your position regularly whilst seated and having a healthy diet rich with fruit, vegetables, cereals and proteins such as eggs, cheese, milk, fish, and fluids.

You should aim drink approximately one and a half to two litres of liquid which is about six to eight mugs, excluding fizzy drinks, caffeine and alcohol.

Your equipment

If you feel that you no longer need the equipment we have given you, please contact your district nurse or ask somebody to do this on your behalf.

If you notice that your equipment is damaged or not functioning properly, please contact the equipment store on 01423 226240 or ask somebody to do this on your behalf.

For the equipment store out of hours service (5pm to 9am or bank holidays and weekends) please contact 020 857 32871 or ask somebody to do this on your behalf.

Looking after your skin condition

If you and/or your carers have any concerns, please contact SPA on 01904 721200.

Please refer to pages 6, 7, 8 and 9 in the pressure ulcers prevention and treatment leaflet, as this will provide you with more guidance.

Try to avoid sitting for longer than an hour. If you do sit for long periods you should elevate your legs to prevent or reduce swelling.

If possible, please wash and carefully dry delicate skin areas regularly and apply any cream that has been provided or prescribed for you. Please ask your carer, family or friend to help you with this if necessary.

If you have been provided with compression stockings or garments and if these are damaged or lost you can contact your local pharmacist who will measure your legs and organise a prescription from your GP for new stockings. You do not need to contact the district nurses unless your review is due.

We recommended that you contact SPA for a review every six months as advised by your nurse to ensure your legs remain stable. You should contact SPA on 01904 721200 (between 8am – 6pm) or ask somebody to do this on your behalf.

Your review is due in **(month due to be inserted by nurse on discharge)**

In the meantime, it is important to please let SPA know if you, your family or carers notice any of the following:

- Red patches of skin on light skinned people that do not go away.
- Bluish/purplish patches on dark skinned people that do not go away.
- Blisters or damage to the skin.
- Patches of hot skin.
- Swelling in lower legs or feet.
- Patches of hard skin on lower leg or feet
- A new open area which is sore or weeping or any of the above
- Patches of cool skin.
- Numbness/tingling in toes, discolouration, pain.
- Pain in the lower legs or feet.

If you, your family, friends or your carers have any concerns, please contact us as soon as possible via SPA (on 01904 721200), this number is available 8am-8pm seven days a week.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

SPA, Archways, Belgrave Street, Clifton, York YO31 8YZ. Telephone: 01904 721200 or ask somebody to do this on your behalf.

Email SPA: yhs-tr.SinglePointofAccess@nhs.net

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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