Five simple steps to prevent and treat pressure ulcers
**Skin**
Inspection: Early inspection means early detection. Show patients and carers what to look for.

**Keep your patients moving.**

**Incontinence/Moisture:** Your patients need to be clean and dry.

**Surface:** Make sure your patients have the right support.

**Nutrition/Hydration:** Help patients have the right diet and plenty of fluids.
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Scroll and click your way along the Pressure Ulcer Path, using SSKIN.

www.stopthepressure.com