

About us

We place children, young people, and their families at the heart of everything we do—supporting you to make informed choices and working closely with other healthcare professionals to ensure care is well-coordinated and delivered in the place that feels right for you.



Contact us

If you need any information, please contact: CFHD Single Point of Access (SPA):

Phone: 0330 0245 321

Email: CFHD.DevonSPA@nhs.net

We value your feedback

Your experience matters to us. If you have used Community Children's Nursing pathway, we'd love to hear your thoughts.



- What worked well?
- What could be improved

Your feedback helps us improve our care and support for other families like yours.



Community Children's Nursing (CCN) Helping to prevent pressure ulcers

Information for patients, parents and carers



What is a pressure ulcer?

A pressure ulcer is an area of damaged skin caused by pressure.

- Pressure ulcers can happen by sitting or lying in one position for too long without moving. Or from any medical devices that press on the skin.
- If there is pressure to an area, blood cannot circulate causing a lack of oxygen and nutrition to the skin. If the pressure continues, then damage can occur very quickly.

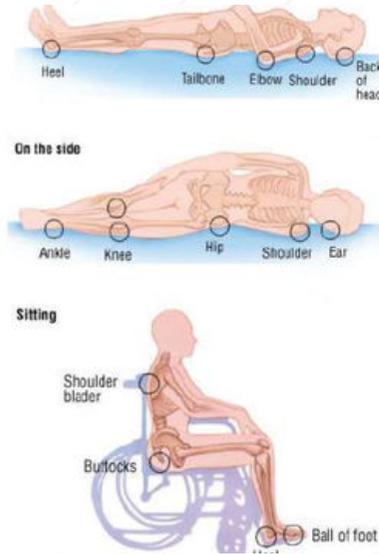
Early signs of a pressure ulcer

Redness, discomfort, pain, blisters or areas that are cool or hot. Report any skin changes immediately to your carer or healthcare professional.

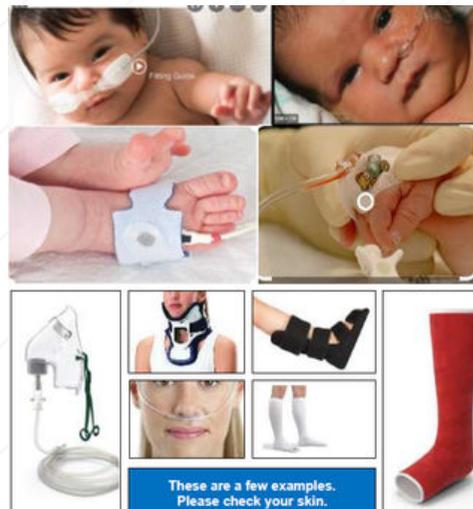
They can take a long time to heal and are painful. Sometimes they get infected. It is much better to stop this from happening

Where are pressure ulcers most likely to develop?

Usually on the parts of the body which take your weight and where the bone is close to the surface.



Medical devices can also cause pressure damage



Ways to prevent

A risk assessment called a 'Purpose T' will be completed by your healthcare professional.

- Skin Inspection – Check your child's skin often. Tell someone if it becomes sore or uncomfortable, particularly if this is on their heels or bottom. Do not rub skin as this can remove the top layer causing damage.
- Surface – If your child is assessed as being at risk of developing pressure ulcers you may be offered special equipment to prevent a pressure ulcer occurring. It is also very important that their chair is the right height and width, to prevent them sliding.
- Keep moving – This is very important, change position as much as possible. For example, if in bed try to roll onto alternate sides regularly. If they can walk around please ensure that footwear fits correctly to prevent skin damage
- Incontinence – it is important to deal with any continence concerns as these can damage your child's skin and make them more at risk of pressure ulcers. Use a barrier cream to protect skin and wash with a mild non-perfumed cleanser
- Nutrition –plays a very important role in preventing pressure ulcers. Nutritional needs will be discussed with you and a plan made to ensure that your child is eating and drinking what they should.