

## Pressure Injuries

Pressure injuries are a serious and frequent occurrence among immobile and debilitated patients. Currently, it is estimated that 5% of patients admitted to acute-care hospitals will develop a pressure injury during their stay.

Pressure injuries are an area of localized damage to the skin and underlying tissue caused by unrelieved pressure. When pressure is applied to the skin over a bony prominence, pressure is transmitted in a narrowing cone down to the muscle layer where ischemia occurs, which leads to muscle necrosis. The greatest damage is usually deep within the tissue next to the bone, thereby making the outward appearance of a pressure injury deceptive.

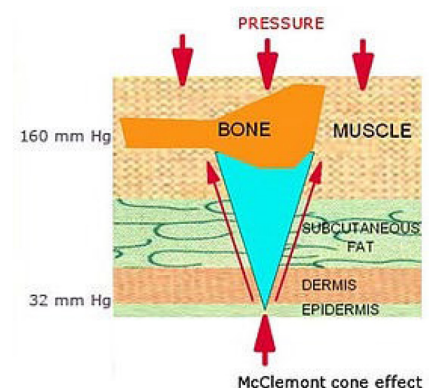
The management of pressure injuries has evolved into a comprehensive approach to treatment. This approach is proven to heal these ulcerations quickly and reduce the incidence of infection and recurrence, substantially reducing the cost burden to those individuals with pressure injuries.

## Appropriate Treatment Options

Pressure injuries have a significant impact on quality of life. The management of pressure injuries involves treating the cause, optimizing local wound care, and addressing patient centered concerns. The most important aspect of treatment is offloading the affected tissue.

## A Comprehensive Approach

By the time inflammation is visible at a pressure injury site, necrosis of muscle, fat and subcutaneous tissue may have already occurred. This fact alone demands immediate measures to maintain and improve tissue tolerance to pressure in order to prevent further injury. An understanding of the pathophysiology of pressure ulcerations has led to the development of new approaches, thereby providing greater choices in their management. These new approaches require the use of proactive measures and a comprehensive effort to aggressively treat these wounds. Pressure injuries are associated with poor outcomes, infections, prolonged healing, and in some cases amputations. An aggressive and coordinated approach can save limbs, improve function, and enhance quality of life.



## References

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