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Introduction

WELCOME

At **Ethical Homecare** we pride ourselves in taking part in health improvement initiatives. This edition of our newsletter focusses on **pressure sores**, suffered by close to a million people in Britain. Much can be done to prevent pressure sores, which can lead to ulcers and other complications without attention.

Whilst this may not affect you directly, it may affect someone you know and you may help someone with a little bit of advice about the subject.

Healthy eating is highly recommended for all of us, but can also help with the healing of sores especially, we have provided a few tips for diet and meal options as well as explaining what pressure sores are and how to prevent and treat them.

For your amusement we have also done a word-search, so you can test your abilities and show that you have read our information.

As we approach the festive season we want to wish all our clients, staff and professional colleagues the very best of merriment and joy – as we all keep in mind that there are always others we should be looking out for at this time and do that little bit more to make others feel as fortunate as we do.

ETHICAL HOMECARE WISHES ALL

PEACE AND LOVE THIS FESTIVE SEASON

Healthy Eating (also helpful with pressure sores)

A Healthy Diet can help Pressure Sores to heal

Food High in Vitamin C:

- Citrus fruits - e.g oranges, kiwi
- Vegetables - e.g broccoli, peppers
- Fruit juice
- Tomatoes
- Berries - e.g strawberries

Foods High In Iron

- Red meat
- Liver and offal meats
- Fortified breakfast cereals
- Green leafy vegetables

Food High in Vitamin Zinc:

- Red meat
- Unrefined cereals
- Milk and dairy products
- Eggs
- Pulses
- Green leafy vegetables
- Beans

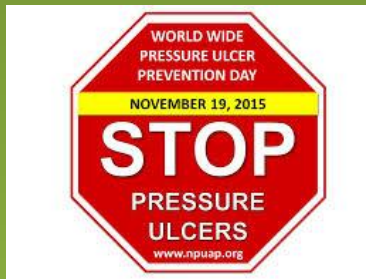
Some protein foods:

- Meat
- Fish
- Cheese
- Eggs

SOME MEAL OPTIONS

- Soup with chicken and vegetables
- Scrambled eggs with toast & tinned tomatoes
- Meat or lentil curry with vegetables and rice
- Poached fish with white sauce, potatoes and garden peas
- Shepherd's Pie, with carrots
- Sandwich with low fat cheese, egg, ham or fish
- Fruit scone with low fat spread

PRESSURE SORE PREVENTION



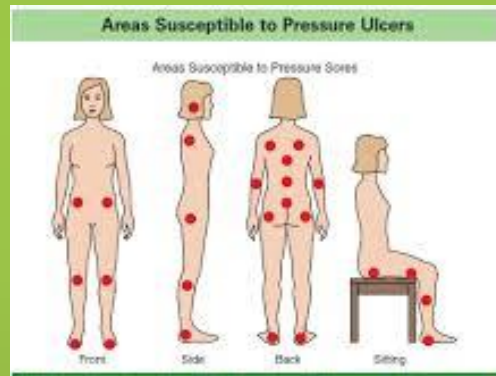
NOVEMBER 19TH 2015 IS STOP THE PRESSURE DAY
- ETHICAL HOMECARE IS JOINING THE INTERNATIONAL CAMPAIGN TO REDUCE PRESSURE ULCERS, WORKING WITH OUR LOCAL AUTHORITY AND COMMUNITIES.

Here we explore: **What pressure sores are & How to prevent and treat them**

A pressure sore is an area of damaged skin, also known as a pressure ulcer. They can develop in only a few hours: look out for the skin appearing slightly redder or darker than usual - if unattended it can develop into an open blister and even a deep hole in the flesh.

A main cause is sitting or lying in one position for too long without moving. Other causes include pressure from body weight on skin, which can damage blood supply to that area, or repeated friction that can remove top layers of skin and affect deeper tissues.

The parts of the body where pressure sores are most likely to develop include the **heels, bottom, base of spine, elbow and shoulders.**



Those at risk include people - with movement limitations; awareness and memory problems; with poor circulation; with moist skin; being in an unfamiliar environment; sensitive to pain or discomfort; with experience of pressure sores in the past or with other scar tissue.

A FEW PREVENTION TIPS

Change your position every few minutes

Try to find a pressure relieving aid with professional advice. Keep skin clean and dry - use a moisturiser suitable for your skin and condition

Eat healthy, drink plenty of fluids, reduce alcohol and tobacco. Extra protein, calories, vitamins and minerals can help wounds to heal.

If you have any concerns you should consult a health care professional who can advise you with information that is right for you.

CAN YOU FIND THESE WORDS IN OUR PUZZLE?

PRESSURE FISH

SORE FRUIT

SKIN DRINK FLUIDS

FLESH CIRCULATION

HEALTH MOISTURISER

EAT ULCER

BODY CLEAN

E D S Q B I O N T F I S H N
 T X Z M D Q N A H R U M K U
 H O Q O Q S O E Q U F T Y L
 N D R I N K F L U I D S E C
 B O L S H I L C M T I O P E
 O Y N T C N W Z Y C G R B R
 D Z Z U G J X S E K N E G V
 Y I P R E S S U R E P X X K
 O T M I Y F L O X I P U H J
 F L E S H I X H E A L T H N
 O U B E K I A M A N M R M H
 F C I R C U L A T I O N K S

Answers in our next newsletter in May 2016

Success Stories



ETHICAL HOMECARE ANNOUNCES A NEW FACILITY

To respond to sector needs, such as Pressure Sore Awareness Day and other training needs – **Ethical Homecare** are proud to announce a new Training Room facility. The room is outfitted with adequate equipment to keep our staff up to date and able to deliver the high quality service our clients and colleagues deserve.

If you have any enquires or would like to feature in future newsletter editions then please do not hesitate to contact us

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