

What are you doing for Stop the Pressure Day (StP) on Thursday 18 November?



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Once again it seems like Stop the Pressure (StP) day will fall in a period where we may be moving back into restrictions on what we can do and where staff are being redeployed or at least exceptionally busy, curtailing some of the usual fun activities. It doesn't mean that we should stifle creativity and not still have some amazing ideas on how to spread the word about pressure ulcer (PU) prevention.

This year the StP Programme has once again teamed up with the Tissue Viability Society to coordinate a range of resources and activities. We are repeating last year's theme of Love Great Skin as it proved to be very popular and allowed a lot of flexibility in creating resources relevant to different areas of practice and individual themes.

To spread the load a little we will be running a series of webinars across the whole week — starting on Monday 15 November. These will focus on Love great SKIN, with webinars on Skin assessment, Keeping moving, Incontinence/ Increased moisture and Nutrition and hydration with a final round up on the Friday. There will of course be the usual word clouds for each of the elements of aSSKINg and also word searches if you want a quick activity to do with staff. The TVS page has a list of the all the resources that are free to access and download <https://tvs.org.uk/inspiration-resources/>.

If you are looking for inspiration some of my favourite activities include:

- » StP themed baking — there have been some amazing cakes and biscuits
- » StP themed songs — although we should maybe not be encouraging too much singing this year to reduce the spread of the virus, so why not access the best yet SSKIN video from Sheffield Teaching Hospitals <https://www.youtube.com/watch?v=smcN7MMDAjk>, if

you are in acute care you could get the hospital radio to play this throughout the day or have it as background for any displays (got to be better than Christmas songs!).

You could also use these:

- » <https://www.youtube.com/watch?v=LD6cJuc9yLc>
- » <https://www.youtube.com/watch?v=xssaAqsVhpl>
- » <https://www.youtube.com/watch?v=KSKdXtDbms> (although this last one does focus on redness for category 1 so does not address the challenges of category 1 in dark skin tones).

and 1 for the community nurses:

- » <https://www.youtube.com/watch?v=5runpgtDtw8>.

The Pressure Area Challenge, I believe the Red dots will be available again from:

- » <https://www.amazon.co.uk/Stop-Pressure-Day-Conversation-Prevention/dp/B07HQTXDV7?fbclid=IwAR2ZaP2hXxXnmGa5BOix6p56-w-eHv2DiGK71hxjLKr6ZSRGz708ByLrV6I> (other red dots and other on line retailers are available!).

If you have never participated in the challenge there are some fabulous examples on Twitter search using the # #pressureareachallenge

If you are interested in increasing knowledge about PU categorisation there are 5 different resources showing the apples to pressure ulcers activity

- » <https://tvs.org.uk/pressure-ulcer-grading/> and of course you can use the National categorisation tool
- » <https://www.nationalwoundcarestrategy.net/wp-content/uploads/2021/07/Pressure-ulcer-categorisation-poster.pdf>.

The European Pressure Ulcer Advisory Panel (EPUAP) also has resources that can be accessed but there is a charge for some of these:

