The Four Nations Stop the Pressure Campaign



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On behalf of the #4nations Stop the Pressure Team

This year International Stop the Pressure Day falls on Thursday 19th November, but as always, our campaign activity will span the whole week hoping to raise the profile of pressure ulcer (PU) prevention for clinicians and the general public.

Our theme for this year is "Every Move Matters", rather than just being about repositioning or 'moving' the patient, this is based on six key pillars that we believe are important in PU prevention across all care environments. These are:

- **Physical Moves:** Safe movement, repositioning and pressure redistribution for people of all ages and all needs across the 24-hour care provision
- **Clinical Moves:** Evidence-led assessment and decisions that lead to evidence-based care delivery, review and evaluation
- **Team Moves:** Consistent, multidisciplinary care for everyone across all care environments
- **Environmental Moves:** Moving between care environments – consistency in communication is key to planning and maintaining prevention
- **Patient Moves:** Patients and carers as active partners in the assessment and delivery of care
- **Smart Moves:** Innovation, education and best practice underpinning every move.

For our patients or those who are not yet patients but may be at risk, these are all important, they should be assured that practice is evidence-based, consistent across teams and environments, and meets their particular needs and requirements irrespective of where that care is delivered, or by whom. Care should be considered in partnership with them and those who are important to them.

We will be sharing many resources to help amplify these messages including reusable posters, leaflets, presentations and social assets. There will be four online events across the week supported by a range of accessible easy to digest blogs, short videos, top tips and useful links.

As always, we are working with a range of commercial partners who are closely aligned with our message helping amplify our voice and reach.

If you work clinically you may want to consider the Smart Moves, look at what is happening in your local practice, and how can you reframe the Every Move Matters from a clinical to a more organisational or strategic viewpoint.

Can you:

- **Move beyond the numbers:** Incidents matter, but numbers alone don't tell the whole story
- **Move from blame to learning:** Understand why harm occurred and what can be learned
- **Move towards equity:** Recognise that people's risks and opportunities for prevention are not equal
- **Move upstream:** Consider the wider factors influencing skin health, vulnerability and risk
- **Move towards understanding:** See the person, their circumstances and the system surrounding their care

All the resources can be found here: https://societyoftissueviability.org/community/stop-the-pressure-2026/ or by scanning the QR code.



Scan the QR code to access the Stop the Pressure resources.