



Course title: Pressure Area Care & Tissue Viability

Duration: Half day

Maximum number of learners: 16

Course overview:

Pressure Area Care is an essential skill for nurses and care workers in every area of clinical practice. This course assumes no prior knowledge and explores the causes of pressure ulcers, the practical skills needed to avoid them developing, and the clinical skills needed to manage them effectively when they do occur.

Pressure Area Care will enable learners to provide effective management and care of pressure areas. It incorporates national guidelines to promote evidence-based care, examines the optimal choice of pressure relieving devices and dressings, and explores the role of the care giver in planning, documenting and supervising care.

Course learning outcomes:

By the end of the session, learners will be able to:

- Discuss what the main structures and functions of the skin
- Define the term pressure ulcer
- List the predisposing factors to and causes of pressure ulcer development
- Discuss the common sites associated with pressure ulcers
- List the common reasons for developing pressure ulcers
- Discuss the different types of pressure ulcer
- List the signs of a pressure ulcer