

Finger Tip Test

To stop it, Look at it, Press it and Report it



Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

Why is it important to prevent pressure ulcers

Pressure ulcers are avoidable if all those caring for the patient take a few simple steps. We know that if a patient gets a (grade 4) pressure ulcer in hospital, there is a strong chance that their hospital stay will be lengthened and they will still be receiving care to treat the damaged skin some twelve months later.

This leaflet is to ensure that all those involved in the care of our patients knows how to identify and deal with pressure ulcers.

This pressure disrupts the flow of blood through the skin so it becomes starved of oxygen and nutrients, and begins to break down which leads to a pressure ulcer.

The first sign that there may be damage to the skin and tissue beneath is a red area. If you see this, **do the Finger Tip Test**.

If the reddened area stays red when gently pressed, this is grade 1 pressure damage. **Relieve the pressure, tell your manager, and follow the pressure ulcer prevention/treatment plan.**

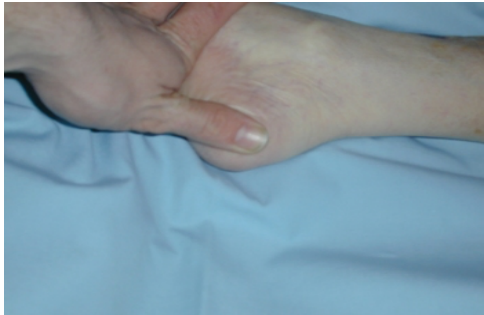
To stop it, Look at it, Press it and Report it

Finger Tip Test

Gently press the reddened area of skin.

- If healthy, the red area will turn white (blanch) then turn red again normally within three seconds.

Blanching redness = normal reaction



Press it

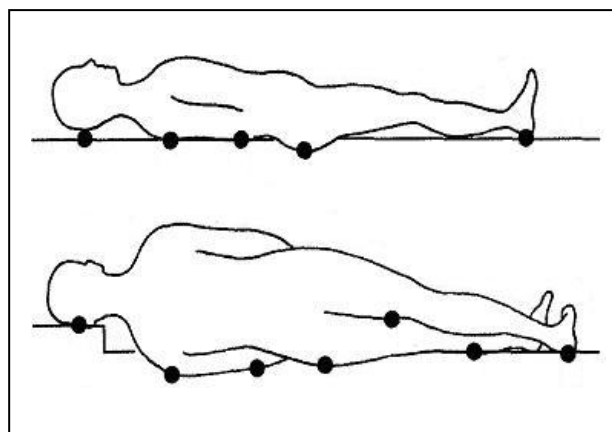
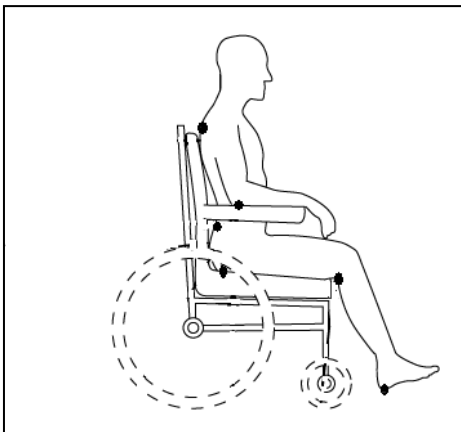
- If the red area does not turn white (blanch), take **immediate** action to relieve pressure to prevent further damage.

Non-blanching redness = grade 1 pressure damage



Relieve the pressure, tell your manager, and follow the pressure ulcer prevention/treatment plan

Potential pressure points



Check pressure areas regularly

Your patient is more at risk of getting a pressure ulcer if:

- they cannot move without help
- they lose their appetite and lose weight
- they are incontinent
- they are diabetic
- they cannot feel their skin properly
- they are unwell (eg chest infection, urinary tract infection)

Check the above pressure points regularly.

If **Red**, do the Finger Tip Test.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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