

New Pressure Ulcer Prevention Resource

Service user, carer, PA and health professional led project



We have developed a new resource to help prevent pressure ulcers at home. Just click on this link to access it <https://www.pressureulcer.co.uk/>

What is the resource about?

Pressure ulcers can be serious, but most can be prevented. We understand that preventing pressure ulcers while continuing to do the things that matter most to you can be challenging. This website offers practical advice, tools, and information to help prevent pressure ulcers at home. It may also be helpful if you support or care for people with long-term health conditions.

This website has been developed by people with long-term health conditions, such as Multiple Sclerosis, Spinal Cord injury, and Spina Bifida, together with carers, personal assistants, health professionals, charities and researchers.

You can work through the website step-by-step or go straight to the sections that matter most to you. Sections include:

- What is a pressure ulcer?
- What puts you at risk of pressure ulcers
- Pressure ulcer prevention
- Developing a safe routine
- Spotting changes in your skin
- What to do if you notice changes
- Communication tips

You can scan
this QR code to
visit the website



A paper version of this information is also available. Please contact us on PUPstudy@leeds.ac.uk, 0113 343 0282 to request this.

Have your say!

Share your thoughts by going to the 'feedback' page of the website <https://www.pressureulcer.co.uk/feedback> or by contacting the team. You can also give feedback on the paper version. You do not need to know anything about research or pressure ulcers to tell us what you think.



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prevention
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Pressure Ulcer Prevention at Home 2 Study. This project has been approved by the University of Leeds School of Medicine Research Ethics Committee (MREC 4401).

Pressure Ulcer Prevention at Home 2 Study Field Test Promotional flyer v5.0 14/07/2026