Pressure Injuries
What You Should Know

Pressure injuries (also known as bed sores or pressure ulcers) develop when your skin is damaged by pressure. This can happen if you spend most of your day in a chair or bed. Pressure sores can be painful, hard to heal and may lead to serious infections.

How you can help avoid pressure injuries

While you are in the hospital you should check your skin for the following warning signs:

• Changes in skin colour – turning red, purple or dark
• Pain or discomfort
• Blisters
• Warm, cool or firm areas

You can do this yourself with a mirror, or have another person help you. If you see any of these signs, tell your health care team right away.

How your health care team is helping you to avoid pressure injuries

• They check your skin when you are admitted and tell you what to watch
• They tell you when and how to move, and remind you to do it
• They make sure you are eating enough for healing to happen
• They apply special dressings when you can’t move

Caring Safely – for you

UHN health care teams have been working hard to reduce pressure injuries:

<table>
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<tr>
<th>General Internal Medicine TWH</th>
<th>Orthopedic Surgery TWH</th>
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<td>250 days without a pressure injury</td>
<td>100% reduction in pressure injuries in 1 year</td>
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World Kidney Day is March 14th

Theme: Kidney Health for Everyone Everywhere
By Anna Gozdzik, Nurse Navigator, Division of Nephrology, Toronto General Hospital

Kidney disease: the burden
It is estimated that 850 million people worldwide have chronic kidney disease (CKD) due to various causes.

Risk factors for acute kidney injury (AKI) and CKD are cardiovascular disease, diabetes, hypertension, obesity, as well as infections such as HIV, malaria, tuberculosis and hepatitis.

Challenges to kidney health: disparities and access
In addition to the burden, CKD and AKI often arise from social conditions in which people are born, grow, live, work and age including poverty, gender discrimination, lack of education, occupational hazards and pollution along others.

This year World Kidney Day calls on everyone to advocate for improved kidney care such as:
• Including encouraging and adopting healthy lifestyles (access to clean water, exercise, healthy diet)
• Ensure kidney patients have access to basic health services such as blood pressure and cholesterol control and essential medications

Please join the UHN Division of Nephrology as we celebrate World Kidney Day!
Date: Thursday, March 14th
Time: 8:00 a.m. – 2:00 p.m.
Location: Toronto General Hospital Eaton Lobby, Ground Floor,

Join in on the conversation on social media by following and using these hashtags: #UHN_WorldKidneyDay  #WorldKidneyDay

Thank you for your generous support of the Annual Fairchild Chinese-Canadian Radiothon in support of the Asian Community Health Fund

To make a donation online please visit: chinesecanadianradiothon.ca
March Health Talk: Sleep and Fatigue

Date: Friday March 29, 2019
Time: 1:00 – 2:30 p.m.
Location: Toronto Western Hospital Auditorium, West Wing, 2nd Floor 399 Bathurst St.
To register: Call 416 603 6475 or email Evangeline.Roldan@uhn.ca

You can find these sleep resources at the Library

Helpful Hints for better sleep
All locations

Sleep sense: improve your sleep, improve your health
TWH

The Sleep Solution: Why Your Sleep is Broken and How to Fix It
TGH

April Health Talk:
Advanced Care Planning, Friday April 26, 2019

Have you signed up for Patient Portal? myUHN

When you sign up for a UHN Patient Portal account, you will see your UHN appointments, results and reports as soon as they are ready.

Having problems setting up your account?
You can ask for help setting up your account at any of the Patient and Family Learning Centres and Libraries. For other issues with your portal account, you can still contact the Patient Portal team at 416 340 3777.

Canada’s Food Guide has a new look

Download your own copy of the 2019 guide at: Canada.ca/FoodGuide

Contact us
Our Patient and Family Learning Centres and Libraries are located in the lobbies of the following UHN sites. Visit or contact us to learn more about our information and services.

Princess Margaret
416 946 4501 ext. 5383
patienteducation@uhn.ca

Toronto General
416 340 4800 ext. 5951
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