



## Pressure Ulcer Prevention (PUP)

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Our Pressure Ulcer Prevention Training Course is designed to provide you with comprehensive knowledge and skills to ensure the well-being of those you support. Through this course, our experienced trainers will ensure you go away with a deep understanding of pressure ulcers, their significance, and proactive skin protection.

You will explore various topics, such as the importance of prevention, skin anatomy, diabetes and skin care, risk factors, categories and treatments, and the impact of pressure ulcers on care planning. By the end of this course, you will be equipped with practical insights to integrate pressure ulcer prevention into your caregiving toolkit.

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## Learning Outcomes

- To describe the physiology of the skin
- To list the risk factors for development of a pressure ulcer
- To understand the principles of care for people at risk
- Factors of tissue breakdown
- To describe preventative measures to minimise tissue breakdown
- To recognise and categorise pressure damage
- To demonstrate effective care and treatment of pressure ulcers

## Course Content

**Module 1:** What is a Pressure Ulcer?

**Module 2:** Why is it important?

**Module 3:** Understanding the Anatomy of the Skin

**Module 4:** Diabetes and Pressure Ulcers

**Module 5:** What are the Risk Factors?

## Course Content

**Module 6:** Categories of Pressure Ulcers

**Module 7:** Treatments for Pressure Ulcers

**Module 8:** The Impact on Care Planning and Protecting the Skin