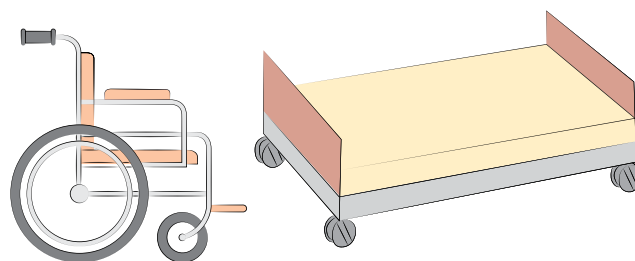
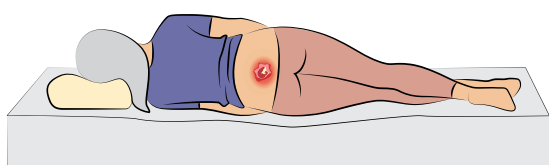




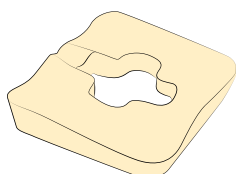
PRACTICAL SUPPORT FOR PATIENTS WITH PRESSURE ULCERS

DO YOU HAVE A PRESSURE ULCER OR CARE FOR SOMEONE WHO HAS DEVELOPED ONE?



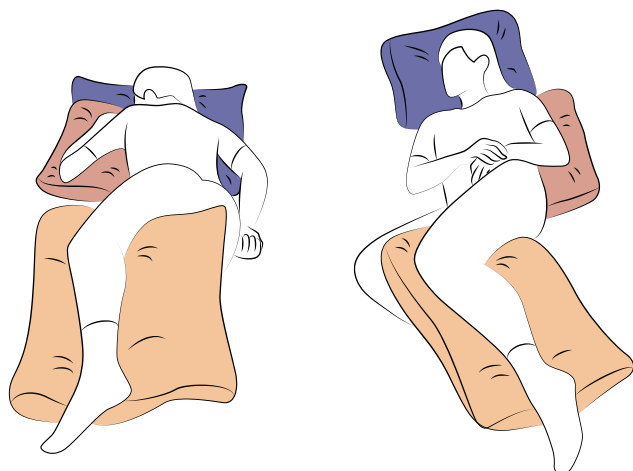
WOUND CARE

Visit your general practitioner (GP), who will provide information about wound care clinics. If necessary, ask your GP to arrange home nursing care services.



ANTI-PRESSURE SEATING CUSHION

A voucher for medical aids can be issued by a neurologist, orthopaedic surgeon, rehabilitation doctor, internist, surgeon, or geriatrician. If you are unsure which doctor can prescribe additional aids, contact your GP or a medical supply store, they can advise and direct you to the right specialist.



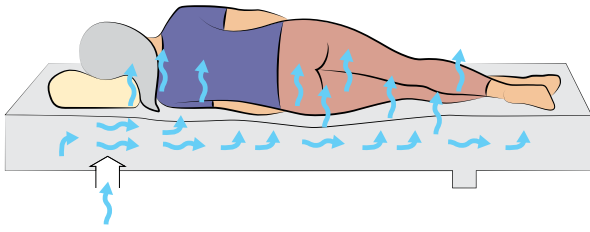
MEDICAL EQUIPMENT RENTAL

If you require anti-pressure aids, positioning devices, or equipment to assist with moving another person, you can contact specialised rental services or ask your GP or wound care clinic for recommendations.

| AID | PURPOSE |
|--|--|
| Electric profiling bed (with lifting pole) | Allows easy repositioning of the patient |
| Anti-pressure mattress | Helps distribution of pressure |
| Positioning wedges and rolls | Maintains correct body position |
| Gel or foam pads | Protects high-risk areas (heels, elbows, buttocks) |
| Wheelchair with anti-pressure cushion | Allows comfortable seating and ulcer prevention |

COMMUNITY NURSING CARE

Home nursing agencies can help with dressing changes, repositioning, and other essential healthcare needs. Permission for home nursing visits must be issued by your GP.



PRESSURE RELIEVING MATTRESS AND ADJUSTABLE BED

Available from medical equipment rental stores or via home care agencies.

PSYCHOLOGICAL SUPPORT

Long-term care can be mentally demanding. Use counselling services for patients and family caregivers. Every patient is entitled to support that helps them cope with the situation as best as possible.

CARE ALLOWANCE

A social benefit for people who, due to long-term adverse health conditions, require assistance from another person in managing daily living needs. How and where to apply?

✔ Complete the application

Forms are available at Labour Office branches or on the Ministry of Labour and Social Affairs website.

✔ Submit the application

Applications are submitted at the regional branch of the Labour Office according to permanent residence. More information can be found on the Labour Office of the Czech Republic website or the Ministry of Labour and Social Affairs website.

References:

Pokorná et al., 2021. Clinical Practice Guideline – Prevention and Treatment of Pressure Ulcers. Available at: kdp.uzis.cz/res/guideline/33-dekubity-final.pdf

www.zahojime.cz

www.dekubity.eu

Authors: PhDr. Adéla Holubová, Ph.D., MBA, MSc; Prof. PhDr. Andrea Pokorná, Ph.D.

Co-authors: MUDr. Jan Stryja, Ph.D.; Prof. MUDr. Samuel Vokurka, Ph.D.

Date of issue: August 2025, 1st edition, Sezimovo Ústí

Translation: Irena Pukiová, MSc

Graphics: Ing. Jana Vaňková

Proofreading: Mgr. Jana Francová

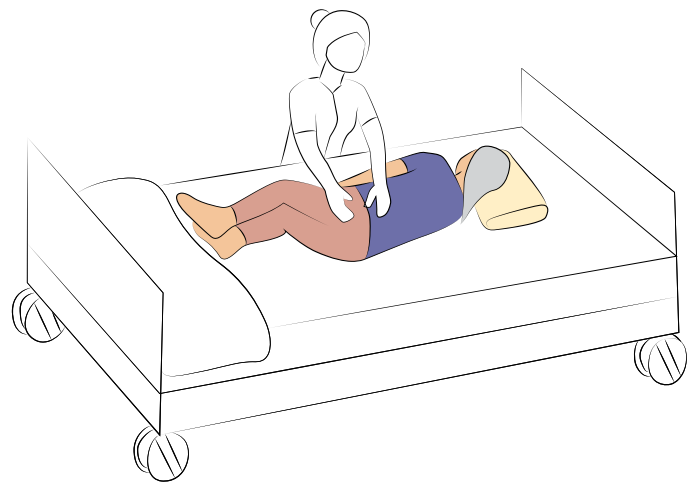
Recipients of care (patients/informal caregivers) were involved in the preparation of this information leaflet.

SPECIAL NUTRITION

Your GP or a home care nurse can recommend special protein drinks with vitamins and minerals. For more serious conditions, it is advisable to visit a nutrition clinic, where a specialist will suggest appropriate diets or supplements.

CARE SERVICES

Provides basic self-care assistance – help with hygiene, eating, mobility, and other patient care needs.



NOTE

Pressure ulcers can be also **unavoidable (non-preventable)**. These pressure ulcers occur in patients with very severe health conditions where even the best prevention cannot stop their development (e.g., terminal cancer, severe organ failure).

The educational material was printed with the support of:

L E R A M
PHARMACEUTICALS



ZAHOJÍME
WWW.ZAHOJIME.CZ