WHAT IS A DECUBITUS ULCER?
A decubitus ulcer is a pressure sore typically caused by inactivity due to hospitalization or being confined to a chair or bed. Constant pressure on an area of skin reduces blood supply to the area and eventually causes breakdown of the skin, and development of an open sore (ulcer). Pressure sores are most often present on the tailbone and on the back along the spine, on the buttocks, and on the heels.

WHY DO I NEED AN ACTION PLAN?
Completing your Decubitus Ulcer Action Plan is a good way to help you understand your doctor’s treatment plan. Use your action plan to help you talk with your doctor or other health care provider during office visits so you will know how to best take care of yourself and manage your condition.

HOW DO I USE MY ACTION PLAN?
1. Before your next appointment with your doctor or other health care provider, fill in as much of your action plan as you can. Use your action plan to help you prepare for your office visits.
2. Take your action plan with you to your office visits to help you talk to your doctor or other health care provider about your questions.
3. Keep your action plan within easy reach in your home (on the refrigerator is a good place) so you can review it regularly.
4. Remember to bring your action plan with you whenever you visit your doctor or other health care provider so it will always be up-to-date.

WHAT SHOULD I ASK MY DOCTOR OR OTHER HEALTH CARE PROVIDER?
1. Should I take a daily vitamin? Yes / No
2. Do I need a pressure-reducing device such as a gel seat or a foam mattress? Yes / No
3. Am I at risk of having another ulcer? Yes / No
4. Should I see a podiatrist to trim my calluses/nails/corns from my feet? Yes / No

NOTIFY YOUR DOCTOR OR OTHER HEALTH CARE PROVIDER WITH THESE WARNING SYMPTOMS
• Poor appetite
• Reddened or warm areas on the skin
• Signs of infection such as:
  Thick yellow or green pus
  A bad smell from the sore
  Swelling/tenderness around the sore
• Signs the infection may have spread:
  Fever/chills
  Mental confusion/difficulty concentrating
  Rapid heartbeat
  Weakness
• If you have diabetes or a fasting blood glucose level greater than __________.

Keep this action plan for your own health records.
IMPORTANT THINGS TO DO BETWEEN DOCTOR VISITS
1. I will inspect my skin every day for areas of redness, especially where I sit or lie.
2. I will keep skin clean, dry and lubricated.
3. I will NOT massage over bony areas or cause friction to any areas where bones are close to the skin.
4. I will eat a balanced diet every day.
5. I will change positions every two hours and shift positions every 15 minutes if possible.
6. I will use pillows to keep parts of my body from rubbing together (such as my knees) when I am on my side.
7. Wound care directions:
   Cleanse and dress sore __________ times per day.
   Supplies needed: ______________________
8. If I have diabetes, I will check my blood sugars ______ times per day and notify my doctor if my blood sugar is over ________.

MY THREE MOST IMPORTANT THINGS TO WORK ON FOR DECBITUS ULCER
1. 
2. 
3. 

ADDITIONAL INSTRUCTIONS FROM MY DOCTOR OR OTHER HEALTH CARE PROVIDER

MY MEDICATIONS:  Include all prescriptions, vitamins, herbal supplements and over-the-counter medications.

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<th>Medication name</th>
<th>Dose/frequency</th>
<th>Reason I am taking</th>
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