



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Skin Care After Discharge from District Nursing

Information for patients, relatives and carers

Date.....

Patient's Name.....

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① For more information, please contact:  
SPA (Single Point of Access) 01904 721200

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# Introduction

You have been under the care of the Integrated Community service. As part of your care, you were assessed as being at risk of damage to your skin.

You may already have a leaflet, “Pressure Ulcers Prevention and Treatment”. This leaflet outlines the definition, risk factors, prevention interventions and self-care in respect of pressure ulcer and skin care.

A clinical decision has now been made to discharge you from our service as you no longer require support. It is however recognised that you may still be vulnerable to pressure or skin damage. We may have provided you with an item of pressure relieving equipment, such as a cushion or provided you with further advice such as repositioning, nutrition etc.

It is important that you use the equipment as advised by your nurse and continue to follow the advice you have been given in relation to pressure ulcer care.

## **Your equipment**

If you feel that you no longer need the equipment that you have been issued, please contact your community nurse to discuss this.

If you notice that your equipment is damaged or not functioning properly please contact the equipment store on 01423 226240. If you have any problems with this contact your community nurse.

For the equipment store out of hours service (5pm to 9am or bank holidays and weekends) please contact 020 857 32871.

# Looking after your skin condition

You and your carers need to monitor your skin condition and if you have any concerns please contact SPA on 01904 721200.

Please refer to pages 6, 7, 8 and 9 in the Pressure Ulcers Prevention and Treatment leaflet if you have one, as this will provide you with more guidance.

## Further advice:

Try to avoid sitting for long periods. If you do sit for long periods you should elevate your legs, to prevent or reduce swelling in your legs.

If possible, please wash and carefully dry delicate skin areas regularly and apply any cream that has been provided or prescribed for you. Please ask your Carer to help you with this, if necessary.

If we have provided you with compression stockings or garments you can contact your local Pharmacist/GP who will measure your legs and organise a prescription from your GP for new stockings, if your stockings are damaged or lost.

It is recommended that you contact us for a review of your circulation (doppler test) every 6 or 12 months, as advised by your Nurse via SPA on 01904 721200, to ensure they remain suitable.

It is important to let the SPA know if you or your carers notice any of the following:

- Red patches of skin on light skinned people that don't go away.
- Bluish/purplish patches on dark skinned people that don't go away.
- Blisters or damage to the skin.
- Patches of hot skin.
- Swelling.
- Patches of hard skin
- a new open area which is sore or weeping or any of the above
- Patches of cool skin.
- Numbness/tingling in toes, discolouration, pain
- Pain

If you / your carers identify any signs of skin damage as outlined above or you have any concerns, please contact us as soon as possible via SPA (on 01904 721200

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: SPA, Archways, Belgrave Street, Clifton, York YO31 8YZ  
Tel: 01904 721200

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net).

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供，電  
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

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