

NOW
WE'RE
TALKING

LEADING
IMPROVING
INSPIRING

October 2018

SIMON'S PRESSURE ULCER TREATMENT HELPS HIM BACK TO WORK

Warrington's Tissue Viability Services (TVS) and District Nurses, both part of Bridgewater Community Healthcare NHS Foundation Trust are helping 34 year old Simon Birchall get back to work after a pressure ulcer affected him for the last 13 months

Simon, who is affected by Duchenne Muscular Dystrophy believes he first developed his pressure ulcer on a family holiday, where some of his pressure relieving equipment wasn't working correctly. Unfortunately no one was aware of the problem until they arrived in Vienna Austria, so they just had to manage as best they could.

Simon explains: "It was on my return from holiday when I first started to notice the initial symptoms of the pressure ulcer. The skin around the area started to disintegrate, go darker red in colour and look really 'angry', from there it developed really quickly.

Even though I was receiving excellent care at home twice, sometimes three times a week, from the TVS and district nurses it had a huge impact on my life, due to the amount of bed rest I required.

Pictured above:
Simon (left) with his father Rod.



I was unable to go to work and my social life suffered as I was unable to leave the house very often to see my friends and also attend football matches, of which I am a huge fan. On occasions this did get me down and left me feeling very low".

The pressure ulcer also had quite an effect on Simon's diet, as he was not able to sit up as much as normal, meaning he would often miss his lunch and snacks, only getting up for his evening meal before getting back on his bed to rest again.

Not only did the pressure ulcer have an effect on Simon, but also it caused considerable issues for his family as Simon's father Rod explains:

"As Simon was unable to go to work or his physiotherapy sessions for over a year it meant that both his mother and myself needed to be at home with him all the time to ensure everything was OK, including turning him six or seven times throughout the night to relieve the pressure".

Rod added “Fortunately, through the excellent care, treatment and advice Simon received from the Bridgewater TVS & district nurses his pressure ulcer is now healing well and he has recently been able to return to work and attend his physiotherapy sessions which has given his mother and I a little more time to ourselves”.

The Bridgewater Tissue Viability & District Nurses are totally committed to ensure the delivery of high quality, cost effective care by developing and sustaining evidence based care with relevant research, audit, teaching and supporting all health care professionals throughout the trust.

With pressure ulcer care in the UK estimated to cost £2.1bn annually, which is approximately 4% of the total NHS expenditure, and an of average 2000 pressure ulcers cases per month reported to the NHS in England alone, it has had a huge financial impact, with added costs to patients and families.

If you would like any further information regarding pressure ulcer care please visit the Tissue Viability Services page on the Bridgewater website: www.bridgewater.nhs

“
Fortunately, through the excellent care, treatment and advice Simon received from both the Bridgewater TVS & District Nurses his pressure ulcer is now healing well and he has recently been able to return to work.
”

The ‘Now We’re Talking’ campaign encourages Bridgewater staff to talk about their successes, achievements and service developments.

If you have any patient stories, lessons learned or achievements to promote, please email communications@bridgewater.nhs.uk

**NOW
WE'RE
TALKING**

LEADING
IMPROVING
INSPIRING

Case Study