



## Pressure Injury

00:00:00:000 - 00:00:02:736

**Beccy Roden, Patient Partner**

I was a patient in June of 2013.

00:00:02:736 - 00:00:09:042

**Beccy Roden, Patient Partner**

I had, of course, physiotherapy coming in every day because they wanted to get you up, sitting in a chair

00:00:09:109 - 00:00:15:148

**Beccy Roden, Patient Partner**

and up to get walking and moving. And still we tried to get up, but I just I couldn't.

00:00:15:148 - 00:00:20:553

**Beccy Roden, Patient Partner**

So eventually I showed the nurse specialist, and they said they had a sore back there.

00:00:20:553 - 00:00:22:088

**Beccy Roden, Patient Partner**

And I could feel it then,

00:00:22:088 - 00:00:27:293

**Beccy Roden, Patient Partner**

when they were helping me up, I kind of was shifted on the bed pad and it hurt like a son of a gun.

00:00:27:394 - 00:00:29:863

**Beccy Roden, Patient Partner**

And that's when we determined it was a pressure injury.

00:00:29:863 - 00:00:35:435

**Beccy Roden, Patient Partner**

It hurt, out everything else I had going on with my body that hurt me the most.

00:00:35:535 - 00:00:39:572

**Beccy Roden, Patient Partner**

And it was like laying on a rock, I couldn't get comfortable.

00:00:39:572 - 00:00:44:611

**Beccy Roden, Patient Partner**

I couldn't move around myself It was very difficult and very painful.

00:00:44:611 - 00:00:49:849

**Beccy Roden, Patient Partner**

So the order was made to switch the bedding, switch the bed pad.

00:00:49:849 - 00:00:51:384

**Beccy Roden, Patient Partner**

Then that made the world of difference.

00:00:51:384 - 00:00:55:388

**Beccy Roden, Patient Partner**

Soon as they changed the bedding and that to bed pad, I could feel it right away.

00:00:55:388 - 00:00:58:758

**Beccy Roden, Patient Partner**

Just a few days once that change was made, it healed up pretty good.

00:00:58:758 - 00:01:03:263

**Beccy Roden, Patient Partner**

I couldn't believe the difference. I would tell them, even if they're at home and they're watching

00:01:03:263 - 00:01:08:268

**Beccy Roden, Patient Partner**

a loved one and supporting them, you know, watch the bedding, you still got to watch what they're laying on

00:01:08:268 - 00:01:14:374

**Beccy Roden, Patient Partner**

and not just for the coccyx area, but your shoulders, your heels, elbows, you know, back of the head.

00:01:14:374 - 00:01:19:312

**Beccy Roden, Patient Partner**

Watch for all those areas and do a daily check, you know, because that can happen. So fast.