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[Proper Dressings Could Help Prevent Bed Sores, Australian Hospital Says](#)

A hospital in Armidale, Australia says it might have a way to stop [Stage 1- and 2 bed sores](#) from ever happening.

Bed sores, or [pressure ulcers](#), often occur within hours of a hospitalization. Elderly patients are especially susceptible to developing pressure sores, due to their thin skin. But the Armidale Rural Referral Hospital says it's found a way to halt bed sores – at least for elderly patients with [hip fractures](#).

According to recent data, [patients suffering from hip fractures](#) were 15 percent less likely to develop bed sores – if they were first “dressed” on their sacrum and heels.

“[The data] made me think that maybe we could prevent bed sores from forming in the first place,” said nurse Darlene Saladine, who headed up the bed sore initiative.

A recent article in the Armidale Express says only three of 34 hip fracture inpatients developed bed sores during the trial period – a total of 8 percent. Contrast that to a recent [study](#) from London's St. Bartholomew Hospital, where over 32 percent of hip fracture patients developed pressure ulcers.

Though data wasn't available on the types of dressing provided (there can be hundreds of options), I think Armidale's efforts are extremely promising. I know from experience that the [sacrum](#) and [heels](#) are extremely painful places to develop bed sores. Anything we can do increase elderly patients' comfort, is a step in the right direction.