PREVENTION PRESSURE ULCER
- REPOSITIONING –

Skin ulcers and lesions occur mainly in bedridden patients who cannot tend to themselves, who suffer from chronic diseases and who are terminally ill.

Caring for these patients is a priority for the medical staff because such conditions add to the suffering, the fear and the stress. They aggravate the awareness of degradation, both physical and psychological.

Topics for forum:
- ! What factors must be activated in order to prevent skin ulcerations and lesions?
- ! Care for the patient's position in bed?
- ! Personal and hospital hygiene?
- ! Ongoing communication, active listening and empathic response?
- ! What approach would work best to prevent and treat escars?
- ! Is it possible to prevent them? Suggest solutions.

In Morocco, according to Yassine, patients often resort to "herbs they know to have healing powers, or various substances known and trusted traditionally. Unfortunately for them, but also for the medical staff, these healing plants interfere with the treatment and cause side effects which are sometimes fatal."

Mahdi shares his experience from Senegal

In Senegal the treatment of escars is a long and difficult battle. A first hurdle is the patients' own attitude as they hide their wounds due to shame or religious beliefs (this is common in many Islamic states where women, especially, do not want to uncover themselves in front of the doctor).

Then, the hospital's lack of cleanliness allows escars and infections to proliferate. In Senegal, it is common for flies to land on escars, for mosquitos to feed off patients' wounds, for lizards, bugs and lice to be found inside the hospitals. This is due to poverty and shortages at all levels.

Still, this wonderful people, despite poverty and injustice, are able to smile, be kind, love life and enjoy it, as they may often be seen singing and dancing in the streets (is how Mahdi ends his account with a sad smile on his young and compassionate face).

Topics for forum:
- ! Would you like to live Mahdi's experience? Why?