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| Nutritional Advice for Pressure Sores or Leg Ulcers |
| Patient Information Leaflet |

 **Introduction**

Pressure sores and leg ulcers heal better if you are well-nourished. This leaflet is for people who have a poor appetite and/or need to gain weight. It gives advice and tips to help you get the most out of your meals and snacks. This will complement any medical treatment you may receive.

**Eating well**

* Include the following to help you add extra energy (calories) and protein into small portions of food:
	+ Lean meat or poultry e.g. ham, bacon, beef, pork or chicken
	+ Fresh or tinned fish e.g. pilchards, sardines, tuna or salmon
	+ Cheese, eggs, double cream
	+ Evaporated or condensed milk
	+ Butter, full-fat spreads or margarine
	+ Jam, marmalade, lemon curd, honey, chocolate spread, peanut butter
* Aim for **3 portions** of **high protein foods** a daye.g. meat, fish, cheese, eggs or pulses. These are good sources which will help to make new skin tissue. Please see table on page 5 for more ideas.
* **Fruit and vegetables** are vital as they are rich in vitamins and minerals. These help to make new tissue to heal your pressure sores and leg ulcers.
	+ **Vitamin C** helps with healing. Good sources include bell peppers, broccoli, brussel sprouts, strawberries, kiwis, oranges and pineapple.
	+ **Zinc** also plays an important role in wound healing. Meat, salmon, dairy foods, beans, brown rice, potato and wholegrain cereals are rich in zinc
* Include **high energy snacks** between meals e.g. cakes, biscuits, chocolates, crisps, nuts, dried fruit, cheese and biscuits, nuts, or full-fat yogurt.

**Adding nourishment**

This helps to raise your intake of energy (calories) and protein in meals and snacks but doesn’t increase the bulk of food you are having;

* + Add 4 tablespoons of dried milk powder to 1 pint of milk to make fortified milk. This can then be used on cereals, puddings and in drinks.
	+ Add grated cheese to soups, casseroles, mashed potato and vegetables
	+ Add double cream to soups, sauces, mashed potato and desserts
	+ Add butter or margarine to vegetables, pasta and scrambled egg
	+ \*Add jam, syrup, sugar or honey to breakfast cereals and milk puddings
	+ Add extra oil when cooking
	+ Add extra mayonnaise or butter/spreads to sandwiches

**Drinking well**

This helps you to avoid becoming dehydrated. It also helps your wounds to heal. Aim for 6-8 glasses a day:

* + Keep a drink beside you at all times and sip it often
	+ Full fat milk, milkshakes, hot chocolate, and Horlicks are great choices. The protein in milk helps to heal wounds.
	+ A glass of fruit juice or smoothie is a good source of vitamins and minerals.

**Small meal ideas Snack ideas Pudding ideas**

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| Roast dinner with potatoes, vegetables and gravyCreamy soup with chicken and vegetablesScrambled eggs with toast (thickly layered with butter/spread) and tinned tomatoesMeat or lentil curry with vegetables and ricePoached fish with white sauce, potatoes and garden peasShepherd’s pie with carrots | Sandwich filled with cheese, egg, ham or fishCrackers and cheese with a few grapesFull fat yogurtTeacake or scone with butter and cheesePitta or naan bread with pate or soft cheese and picklesHandful of dried fruit and nutsFlapjack or muffin | Rice pudding, tapioca, semolina with added dried fruitCustard and cakeIce-cream and fruit crumbleStrawberries and double creamCheesecake Instant whip Chocolate brownie with ice-cream |

**Ideas and tips**

* Having **little and often** means you can have a small meal, snack or nourishing drink every 2-3 hours. Aim for **3 small meals** and **3 snacks** throughout the day.
* Keep a store cupboard of easily prepared foods e.g. tinned meats and fish, UHT milk, fruit juice, dried mash potato, packet soups, instant puddings.
* Have your main meal at the time of day you feel most hungry

**Nutritional Supplements**

These are mostly advised by a Dietitian or GP if you struggle with your dietary intake or lack appetite. They come in a range of flavours as drinks, soups and desserts. They can be either milk based or juice based and served hot or cold. They are rich in protein and energy (calories). They can improve your nutritional health and help your pressure sores and leg ulcers heal.

**Additional Information**

* \*Diabetes – High blood sugar levels can impair wound healing. Speak to your GP or Dietitian for advice on ways to control your levels. Take care when using jam/sugar/honey as these may raise your blood sugar levels too high.
* Multivitamin and mineral supplements may be recommended if your GP or Dietitian thinks you need them.
* If you are struggling with your appetite or you continue to lose weight. please speak to your GP who can refer you to a community Dietitian.

**Contact us**

If you have any questions about this leaflet please feel free to contact us:

**Acute Dietitians**

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| **If you would like this leaflet in a different format, for example, in large print, or on audiotape, or for people with learning disabilities, please contact:**Patient and Customer Services, Poplar Suite, Stepping Hill Hospital. Tel: 0161 419 5678. Email: PCS@stockport.nhs.uk.  |

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| **Leaflet number** | Intranet Office will supply |
| **Publication date** | November 2012 |
| **Review date** | November 2014 |
| **Department** | Nutrition and Dietetics |
| **Location** | Inpatient Therapies, Stepping Hill Hospital |