

## Helping you to help yourself avoid pressure sores! Request for Research Participants.

There are many situations where you might spend a long time in a bed or chair. This can happen at home if you have limited mobility. One possible risk of not moving is pressure sores that can develop into wounds. You, your carers or your care providers have no warning about how this might affect you. These are painful and can take a long time to heal.

Our research team have been developing new ways to monitor the risk of pressure sores, when you are at home. Over the last ten years we have successfully used pressure monitors (pictured right) to help understand how to prevent pressure sores in hospitals and in individuals' homes.

This research has supported individuals and clinicians to work together and find solutions to these problems. The technology has been used to improve the quality of cushions and mattresses that you can use. It has also helped individuals understand the risks of being less mobile and supported them to self-manage through regular movement.



If you want to participate in this research, then contact us on the emails below. We are particularly keen for members of the BAME community to join as participants because of the difficulties that they experience in identifying the early stages of tissue damage.

In the home environment, there are a few challenges with existing commercial devices that were originally designed for hospital settings. These include:

- their cost
- the complexity of sensors
- how robust they are to prolonged use at home, and
- how the data is used to help individuals

Our new research will involve the development of a sensing system and display unit that is specifically designed for home use. This will be achieved through the principles of co-production, which means working together with patients and the public, service providers and industry partners on a fit for purpose solution.

The project has been designed to with people like you who may be using the technology or know individuals who would benefit from it. We believe that this new approach must be designed with you in mind. The project has 3 stages:

- A service provider and industry led design for the new pressure monitor and display
- A person led evaluation of the new device involving patient and public participation
- An assessment of the device in use within community settings, including private homes, residential care, and nursing homes.

**You will help us, help others to develop our original approach which is shown in this short video: <https://youtu.be/-VSRc76QFig>**

**If you would like to be involved as a participant, then please contact Prof Peter Worsley by email at [P.R.Worsley@soton.ac.uk](mailto:P.R.Worsley@soton.ac.uk)**