

Nutrition & Hydration



promoting healthy skin

Champions for Skin Integrity



Drink plenty of **fluids** (fluids can include water, jelly, soup, juice, ice-cream)

Have a variety of **healthy** snacks handy

Eat a balanced, healthy **diet** with adequate calories and protein

Sit **upright** when eating or drinking

Ensure good **dental** hygiene

Nutrients important for wound healing include:

- **Protein** (1–2 serves per day, e.g. meat, dairy products, legumes, nuts)
- **Vitamin C** (2–5 serves per day, e.g. citrus fruits, berries, capsicum, kiwi fruit, broccoli)
- **Vitamin A** (1-2 serves per day, e.g. sweet potato, carrots, broccoli, spinach, rockmelon)





60 Musk Ave
Kelvin Grove Qld 4059
Brisbane, Australia

Email: ihbi@qut.edu.au

Email (Wound Healing): woundservice@qut.edu.au

www.ihbi.qut.edu.au

CRICOS No. 00213J

References:

Trans Tasman Dietetic Wound Care Group, *Evidence based practice guideline for the dietetic management of adults with pressure injuries*. Review 1: 2011

Dorner B et al, *The role of nutrition in pressure ulcer prevention and treatment*, 2009, NPUAP

AWMA, *Pan Pacific Clinical Practice Guideline for Prevention and Management of Pressure Injury* 2012, Osborne Park, WA: Cambridge Media

Australian Government NHMRC, *Dietary Guidelines for Australian Adults*, www.nhmrc.gov.au/_files_nhmrc/publications/attachments/n29.pdf

This project is funded by the Australian Government Department of Health and Ageing under the Encouraging Better Practice in Aged Care (EBPAC) program