Pressure Ulcers

Pressure ulcers, also known as decubitus ulcers (bed sores) result from the breakdown of skin, underlying tissue and/or muscle.
Based on the comprehensive assessment of resident, the facility shall ensure that:

A resident who enters the facility without pressure sores does not develop pressure sores unless the individual's clinical condition demonstrates that they were unavoidable (despite every reasonable effort to prevent them).

A resident having pressure sores receives necessary treatment and services to promote healing, prevent infection and prevent new sores from developing.
Complications

Leads to increased comorbidity and mortality:
- Local or systemic infection
- Pain and suffering
- Loss of independence
- Decreased mobility
- Depression
- Incontinence
- Malnutrition/dehydration
- Complications resulting in death

Pressure ulcers are universally recognized as:
- A major source of litigation (facility, individual healthcare providers, facility owners)
Quality of Care Indicator

- Department of Health (DOH)
- Center for Medicare and Medicaid Services (FTAG314)
- Joint Commission of Accreditation (JCAHO)
- Referral Sources:
  - medicare.gov/nursinghomecompare
  - health.usnews.com/best-nursing homes
  - aplaceformom.com

In April 2013 the Wound Care Team identified an increase of nosocomial ulcers:
- Referred to QA/PI Committee
- Root cause analysis
Analysis was performed by each unique division:

- Subacute division
- Long Term Care division
- Pavilion division (aging in place)
- Manor division (geri-psych, dementia)

Policy and procedures were reviewed and revised as needed:

- Additional policy and procedures were created
- Photography of pressure ulcers and wounds
- Notification of the residents and/or next of kin of the pressure ulcer or wound
- Reevaluated our current methods of:
  - pressure ulcer devices
  - nutritional supplements
First Recommendation

Provide educational lectures to the clinical and nonclinical staff on all units.

In July 2013 the following lectures were given on all shifts:

- Pressure ulcers and wound care by the Medical Department
- Prevention, assessment and treatment of pressure ulcers by the Nursing Department
- Rehabilitation’s role in wound care and pressure ulcer reduction devices by the Rehab Department
- Nutrition and pressure ulcers by the Dietary department
Second Recommendation

Development of “Pressure Ulcer Awareness Day”:
- Goal: To increase awareness of pressure ulcers to the clinical and nonclinical staff

Slogan

Prevent pressure sore.
Don’t be a bore.
Be active more!
On November 15, 2013
Pressure Awareness Day was held.

Program consisted of
Meet and Greets…
Poster or Presentations by each division…
Nursing
Food and Nutrition
Rehabilitation
Product Exhibits by Our Vendors
Pressure Ulcer 101 lecture by the Director of the Wound Healing Program and Center for Hyperbaric Medicine from one of our referring hospitals.
Pressure Ulcer “Jeopardy”
(competitive program between each division for rewards)
Raffle
Outcome

The program was well received and the nosocomial pressure rate started to decrease.

Due to the success of Pressure Ulcer Awareness Day 2013, Pressure Ulcer Awareness Week was held November 10-14, 2014.
Goals

Increase awareness to:
- Our residents and families
- Clinical and non-clinical staff
- Local referring hospitals
- Surrounding nursing homes
- Community (ie: day care centers)

New Slogan

Treat the whole person.
Not just the hole!
Pressure Ulcer Awareness Week

The week consisted of a series of lectures provided by our outside consultants and our own staff:
- Incontinent brief sizing and application
- Pressure ulcer prevention
- Legal aspects of pressure ulcers
- Differentiating vascular ulcers
- Palliative care
- Nutrition and pressure ulcers

Pressure Ulcer Fair

Pressure Ulcer Fair was held on the final day. It included:
- Division posters
- Vendor exhibits
- Pressure ulcer staging workshop
- Snacks
Pressure Ulcer Fair Lectures

Lectures by:
- Professor of Surgery from a referring medical school
- Lecture by one of our Attendings – “Factors Affecting Wound Healing”

Pressure Ulcer Fair Interactive Slide Show

Interactive slide show on Pressure Ulcers:
- “What It Is and What Do You Do For It”
- Rewards were given for correct answers
### Results

Total Number of Residents with Nosocomial Pressure Ulcer Per 1000 Patient Care Days by Quarter

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**NOTE:**
1st intervention July 2013
2nd intervention November 2013
3rd intervention November 2014
Results

Nosocomial Pressure Ulcer Yearly Summary
Per 1000 Patient Care Days

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Summary

Increased awareness in prevention
Increased staff buy-in

Decreased the rate of nosocomial pressure ulcers
Pressure ulcer awareness program will continue to be an annual event

Set a new benchmark on prevention and treatment of pressure ulcers