

# Pressure Ulcer Prevention

PUP  
protects your  
skin!



## PUP Tracks His Steps!

Nearly one in ten Missouri nursing home residents develop pressure ulcers. The cost of treating pressure ulcers is great, let alone the pain of suffering endured by the residents. Throughout this year we have presented you with practical tips on reducing the prevalence of pressure ulcers. By focusing on changing residents' positions, redistribution of pressure, hydration, nutrition, communication, and other factors, these PUP tips shared useful steps as well as resources and tools that could be implemented in your home.

As the year ends, let's look back at some of our key action steps that can lead to a pressure ulcer-free home.

As always, for more information and practical tools, please visit: [www.primaris.org/professionals/qi\\_nursing\\_home.asp](http://www.primaris.org/professionals/qi_nursing_home.asp), [www.nhqualitycampaign.org](http://www.nhqualitycampaign.org), [www.moaha.org](http://www.moaha.org), and [www.mohealthcare.com](http://www.mohealthcare.com).



### Overview of Key Action Steps:

1. Reposition bed-bound persons at least every 2 hours, chair-bound persons every hour.
2. Avoid pulling the resident across a surface and use a lift sheet and extra assistance to perform a safe turning or transfer.
3. Maintain the head of the bed at or below 30 degrees or at the lowest degree of elevation consistent with the resident's medical conditions such as feeding and respiratory tubes.
4. Monitor and document skin changes before and after showers by using a skin monitoring tool.
5. Ensure verbal and written communication is in place for all staff to be aware of pressure reduction strategies for all persons. Use the repositioning reminder posters available through [www.primaris.org](http://www.primaris.org).
6. Find out from staff their preferred schedule and make assignments based on care needs and personal relationships with residents.
7. Determine resident's food preferences and incorporate into resident's meals. Note preferences on care plan.
8. Provide fresh water or resident's choice of beverage at frequent times during the day. Assist residents requiring assistance.
9. Conduct an in-service highlighting the importance of tracking pressure ulcers. Discuss current methods and revise if necessary. To obtain a tracking poster with stickers, please email [sejaz@primaris.org](mailto:sejaz@primaris.org) or call 1.800.735.6776 ext. 187
10. Construct a team to analyze potential opportunities for improvement by utilizing Root Cause Analysis. Review your current processes to assess each resident and identify gaps where the process failed.

Remember that **YOU** are responsible for the health of a resident's skin!  
Every action you take can directly affect their quality of life!

For previously posted tips, visit: [www.primaris.org/professionals/qi\\_nh\\_pup\\_tips.asp](http://www.primaris.org/professionals/qi_nh_pup_tips.asp)

#### MoLANE Planning Committee Members:

- Missouri Association of Homes for the Aging
- Missouri Health Care Association
- Missouri Coalition Celebrating Care Continuum Change
- Missouri Association of Nursing Home Administrators
- Missouri Department of Health and Senior Services
- Missouri Hospice and Palliative Care Association
- Missouri League for Nursing
- Missouri State Long-Term Care Ombudsman
- National Association of Health Care Assistants
- Primaris, Missouri's Medicare Quality Improvement Organization
- Missouri Hospital Association
- Quality Improvement Program for Missouri (QIPMO)