

Pressure Ulcer Prevention

*PUP
protects your
skin*



PUP Takes on Pressure Ulcers: Assessing Risk Saves Money and Skin *January 2009*

Pressure ulcers hurt everyone. Nearly one in 10 Missouri nursing homes residents develop a pressure ulcer which causes much pain and suffering. For nursing homes, the extra staff hours and medical supplies come at a time when money could be spent in other areas.

This campaign is part of the National Advancing Excellence in America's Nursing Homes. If you are not a participant in Advancing Excellence go to www.nhqualitycampaign.org to join. If you are a participant please review and update your goals. MoLANE (Local Area Network for Excellence) is the state coalition for advancing excellence. Over the next year our goal is to reduce pressure ulcer suffering and waste of resources. We will share practical tips that will allow you to prevent and treat pressure ulcers through the Pressure Ulcer Prevention (PUP) campaign. Whenever you see our puppy logo or the word PUP, look for tips from the Missouri LANE.

Most crucial to pressure ulcer prevention is the consistent use of standardized risk assessment tool such as the Braden or Norton. The Braden tool is available at www.bradenscale.com or a shortened version at www.primaris.org/professionals/products.asp under the pressure ulcer topic. Because new pressure ulcers are more common in the first two weeks of admission, it is recommended that the assessment be conducted on every new resident or readmission within at least 24 hours of admission and quarterly thereafter unless there is a change in condition. To supplement the information gained on the Braden, we strongly

suggest a visual inspection of the resident's skin as well as determining their risk for dehydration and skin tears. Forms for these assessments are also available on www.primaris.org.

Using these tools will help your organization decide who needs prevention interventions, allowing you to use your resources for where they are most needed. Further information about pressure ulcer reduction is available on www.primaris.org, www.nhqualitycampaign.org, www.moaha.org, and www.mohealthcare.com.

Action Steps:

1. Share with information with your nursing staff.
2. Find out how many of your residents have pressure ulcers or are at risk.
3. Review your current processes to assess each resident and identify gaps where your process failed.
4. Be sure to include visual inspection in the process.

MoLANE Planning Committee Members:

- Missouri Association of Homes for the Aging
- Missouri Association of Nursing Home Administrators
- Missouri Coalition Celebrating Care Continuum Change
- Missouri Department of Health and Senior Services
- Missouri Health Care Association
- 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
- Quality Improvement Program for Missouri (QIPMO)

Watch for next month's PUP tip!