

## PUP on the Move

# Pressure Ulcer Prevention



PUP  
protects your  
skin!

Okay, pay attention. Focus on how many times you move your body while reading this document. Think of how many times you move around during a meeting or while sitting through a movie. Now imagine what it would feel like if you could not move. Can you feel the discomfort and pressure?

Relieving pressure for the people we provide care to is the **most important** thing that we can do to prevent pressure ulcers. This is not always dependent on expensive equipment. A lot can be done with pillows! Here are some key points in relieving pressure:

- Reposition bed-bound persons at least every 2 hours, chair-bound persons every hour
- Teach chair-bound persons to shift weight every 15 minutes
- Use a written repositioning schedule
- Use pressure-reducing mattress or chair cushion
- Use pillows or wedges to keep knees and ankles from direct contact with each other
- Use a pillow under the calf to relieve pressure on the heel
- Elevate the head of the bed as little (max 30 degree angle) and for as short a time as possible

These key points will help in the prevention of pressure ulcers in all care settings. It is important that all prevention strategies are shared with staff by making this a topic for your in-services. Additionally, it is beneficial that residents and their family members are aware of the prevention strategies your home uses.

For more information on relieving pressure visit [www.nhqualitycampaign.org](http://www.nhqualitycampaign.org), [www.moaha.org](http://www.moaha.org), and [www.mohealthcare.com](http://www.mohealthcare.com). By going to [www.primaris.org](http://www.primaris.org) and clicking on "Resource Catalogue," you can obtain pressure ulcer resources such as:



- Managing Tissue Loads
- Pressure Points Pocket Cards and Posters (*To order, please call 1.800.735.6776 ext. 187 or email [sejaz@primaris.org](mailto:sejaz@primaris.org)*)
- Support Surfaces: Characteristics and Considerations
- Tissue Tolerance and Individualized Turning Schedules

### Action Steps:

1. Conduct an in-service demonstrating the tips mentioned above.
2. Checks if staff follow the tips and reward. Reeducate if continuously.
3. Keep extra pillows/cushions easily accessible for all CNAs.
4. Ensure verbal and written communication is in place for all staff to be aware of pressure reduction strategies for all persons.

### 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)

**Watch for more PUP Tips!!!**

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