



Who doesn't fall for the leader of the pack? Successful. Committed. Determined. We all strive to become leaders of the pack in the prevention of pressure ulcers!

The first step to preventing future pressure ulcers is to monitor your current rates so that you have adequate knowledge of where your nursing home stands at any given time of the year. Utilizing a tracking tool will help acknowledge your successes and highlight opportunities for improvement. Identifying the number and source of pressure ulcers in a home will help in setting goals to achieve a pressure ulcer-free home.

By maintaining a weekly tracking system, your home will be able to see patterns from week to week and will also allow you to focus in on particular weeks where there was a significant spike or drop. One unique way to track ulcers is by using Primaris' pressure ulcer prevention (PUP) tracking poster with stickers. This poster allows you to track the number of pressure ulcers while also visually indicating an increase or decrease from week to week through the use of paw print stickers. It also provides a separate tracking space for ulcers acquired outside your home, making sure that the proper source is clearly indicated.

It's also important to determine the reason behind the change in pressure ulcers. To do this, you can use a Root Cause Analysis (RCA). An RCA is a structured investigation utilizing a team that aims to identify the source of a problem and then develops appropriate action steps necessary to eliminate it.

For more information on pressure ulcer prevention and other tracking tools visit: www.nhqualitycampaign.org, www.moaha.org, and www.mohealthcare.com. By going to www.primaris.org and clicking on "Resource Catalogue," you can obtain pressure ulcer resources such as:

- Rapid Cycle Improvement Guide
- Pressure ulcer prevention tracking poster with stickers (*To order, please email sejaz@primaris.org or call 1.800.735.6776 ext. 187*)
- Excel tracking tool that automatically calculates pressure ulcer rates and average yield to date figures while providing a graphical representation to see change over time

Action Steps:

- 1. Implement a weekly tracking system to monitor the rate of pressure ulcers in your community.**
- 2. Create excitement by recognizing individuals who accurately keep track of pressure ulcers and attain success in prevention.**
- 3. Construct a team to analyze potential opportunities for improvement by utilizing Root Cause Analysis.**
4. Conduct an in-service highlighting the importance of tracking pressure ulcers. Discuss current methods and revise if necessary.

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