

# S.T.A.R. TREK

The Journey to reduce HAPU...  
going where we have not gone before!



Department of Nursing Services  
& Patient Care  
University of Iowa Health Care



### S.T.A.R. Nurse

- Unit-based S.T.A.R. staff nurse
- Attend S.T.A.R. monthly meetings
- Mentorship for unit staff on skin issues
- Assist with quarterly skin survey

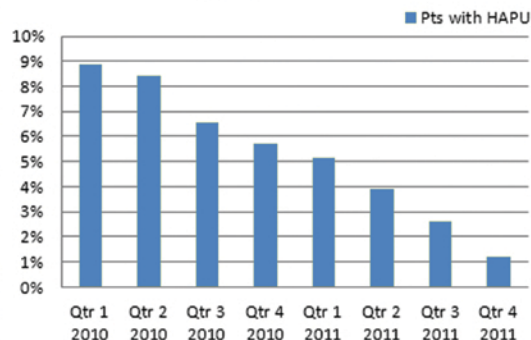
- Role model excellence in pressure ulcer prevention
- Implement education efforts on unit per S.T.A.R. Committee

### S.T.A.R. Committee

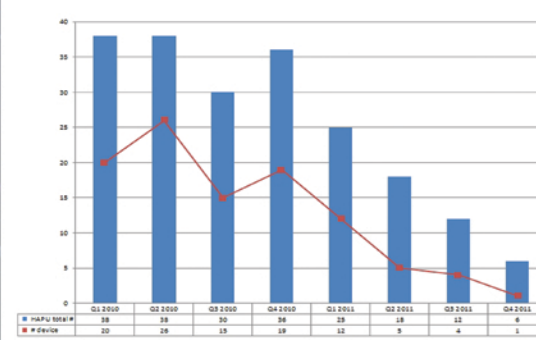
- Home base of the S.T.A.R.s!
- Provide initial and ongoing mentorship and education for S.T.A.R.s
- Support the S.T.A.R. nurse in unit-based educational programs



Pressure Ulcer Aggregate - Total HAPU



Total HAPU vs. Device-related HAPU Cases



### S.T.A.R. Education

- SOS (Save Our Skin) 4-hour CE on pressure ulcer prevention
- Healthy Heels campaign
- Positioning to prevent pressure ulcers
- Use of silicone-adhesive dressings
- Moisture-associated skin damage
- Deep tissue injury
- Wound healing and nutrition
- Compression and edema management

### S.T.A.R. Reward and Recognition



**Purpose:** Reduce hospital-acquired pressure ulcers (HAPU) by developing nurse advocates at the unit level

**Significance:** A Skin Team Advocate and Resource (S.T.A.R.) Committee was created from the organizational Skin Committee

**Evaluation:** One year after implementation of the S.T.A.R. team, aggregate HAPU rate and device-related HAPU dropped significantly below national averages

**Implications for Practice:** Reduction of HAPU can only occur with engagement of direct care nurses, with a system of mentoring, education, and rewards

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