Putting the Pressure on Reducing Hospital Acquired Pressure Ulcers

BACKGROUND

- Prevalence of hospital acquired pressure ulcers is monitored monthly by the Department of Nursing.
- The hospital acquired pressure ulcer rates are benchmarked against the National Database of Nursing Quality Indicators.
- The assessment and identification of patient’s at risk for hospital acquired pressure ulcers is an important component of patient management.
- Hospital acquired pressure ulcers prolongs the patient’s hospital stay, increases the risk of hospital acquired conditions, decreases patient satisfaction and increases patient discomfort

PROJECT GOALS:

- In 2007 and every year after, the hospital set a goal of reducing the rate of hospital acquired pressure ulcers by 5%
- The goals were focused on:
  - Accurate skin assessment;
  - Staging of the pressure ulcers to improve inter-rater reliability; and
  - Decreasing the variance in how staging is specified

METHOD:

- The Nursing Department revamped the hospital’s Pressure Ulcer Program by standardizing skin care; staff education focused on skin assessment and documentation was conducted across all campuses.
- A comprehensive review of all skin care products used hospital-wide was done.
- An algorithm for specialty beds used within the hospital was created and an approval process was developed and communicated to all nursing staff.

KEY STRATEGIES:

- Single day point prevalence study is conducted monthly to measure all pressure ulcers.
- A new process of reviewing and validating hospital acquired pressure ulcers by Wound, Ostomy and Continence Nurses was put in place.
- The validation process resulted in re-staging of pressure ulcers and re-education on pressure ulcer staging and management.
- Focused monitoring of hospital acquired pressure ulcer events allowed for improved trending and reconciliation of all pressure ulcers hospitalwide.
- Provision of adequate nutritional support in collaboration with Food and Nutrition Services was put in place to help promote skin healing

METHODS/RESULTS

RESULTS:

- Hospital Acquired Pressure Ulcer Rates

<table>
<thead>
<tr>
<th>Year</th>
<th>HAPU Rates</th>
<th>Linear (HAPU Rates)</th>
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</thead>
<tbody>
<tr>
<td>2007</td>
<td>5.99%</td>
<td></td>
</tr>
<tr>
<td>2008</td>
<td>2.02%</td>
<td></td>
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<tr>
<td>2009</td>
<td>2.69%</td>
<td></td>
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<tr>
<td>2010</td>
<td>2.28%</td>
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<tr>
<td>2011</td>
<td>2.39%</td>
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<td>YTD 2012</td>
<td>1.74%</td>
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STAFF EDUCATION

- Education of 5000 staff members was conducted and completed through self-learning online modules.
- A concentrated focus on updating skills on skin assessments in the emergency department and peri-operative areas was conducted.
- Educational programs realigned the target staff, patients and their families to the hospital’s goals

CONCLUSION

- The hospital is committed to sustaining its hospital acquired pressure ulcer rate by introducing an early mobilization initiative:
  - Ambulating patients as soon as possible, especially in the intensive care units (ICU), which will further help reduce the ICU hospital acquired pressure ulcer rates.
- The hospital also implemented the Skin Resource Nurse Training Program in September 2012

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