Abstract
Nurses and nursing assistants are partners in care, engaging in the journey of exemplary professional practice aimed at achieving zero pressure ulcers. Nurses and nursing assistants are empowered as frontline care partners to impact the maintenance of skin health and pressure ulcer prevention. Education by the Certified Wound Ostomy Nurse (CWO) to attain an understanding of pressure ulcer prevention, with the goal of achieving zero pressure ulcers. Camp Zero is named for education initiated by staff to gain a deeper understanding of pressure ulcer prevention, with the goal of achieving zero pressure ulcers in the acute care population. Chasing zero starts at the bedside with engaged, empowered, educated staff nurses and nursing assistants, the two health care team members who see the patient the most. "Camp" is an annual course designed to educate staff to understand the power of prevention and to protect healthy skin. This presentation will illustrate the effectiveness of the program's success, reaching the goal of zero pressure ulcers within less than six months, and the sustainability of pressure ulcer quality data that outperforms the national mean.

Background
Patient safety and comfort are compromised in the presence of a pressure ulcer. Pressure ulcers occur over bony prominences such as the coccyx, sacrum, heels, and trochanters, where unrelied pressure damages underlying tissue. They can occur under medical devices in the presence of pressure, in combination with moisture and/or friction. Individuals with co-morbid conditions relevant to perfusion, nutrition, and senescence have magnified risk of pressure ulcer formation. Hospital-acquired pressure ulcers (HAPUs) continue to occur with evidence-based prevention in place, are considered a nurse sensitive outcome, and are a reflection of the quality of care provided.

Barriers identified among nursing staff and nursing assistants, who are partners in care, included limited knowledge of identification of risk beyond the Braden Score. Accessibility of pressure prevention products on inpatient units, and knowledge of how and when to use them, was lacking. Autonomy initiating pressure ulcer prevention by non-licensed caregivers was non-existent. The need for frontline enhanced education became apparent.

Based on Pressure Ulcer Incidence data trends, the need to elevate frontline staff accountability and knowledge concerning prevention and accurate identification of wound etiology through competency was identified. Accurate identification of wound etiology upon initial assessment is mandatory for data integrity, reflecting the quality of care in our 317-bed tertiary care Magnet® Hospital providing comprehensive clinical services for neonates through geriatrics.

The need was immediately apparent for a clinician-led team to fulfill our commitment to safe, quality, and effective patient care. We knew up front everything possible was needed to identify risk, implement timely comprehensive preventive care and continuously monitor the patient response to demonstrate positive outcomes.

Note: Data reflects actual HAPUs acquired on unit, stage 3, 4, and unstageled, excluding medical device related injuries.

Goal Statement
The goal of Camp Zero is to actively engage and empower frontline nursing staff in safely and effectively care to achieve and sustain ZERO hospital-acquired pressure ulcers (HAPUs) for West Penn Hospital patients.

Camp Zero: The Power of Education and Prevention Interventions to Achieve Zero Pressure Ulcers
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Interventions
January - June 2013
- Recruited RN Skin Health Resource Champions
- NDNOI Pressure Ulcer Training Modules assigned to Skin Champions
- Skin and Wound Care Guidelines revised to reflect EBP and posted at bedside
- Patient and family Pressure Ulcer Prevention Guidelines approved by Shared Governance Patient and Family Education Council
- Wound Ostomy Nurse presented unit-based live education
- New product education presented unit to unit on Silver Textile

July - December 2013
- Educational Pressure Ulcer Prevention Guidelines for Critical Care approved by governing bodies and posted in critical care areas
- Clinical Practice Shared Governance Council and Chief Nursing Officer approved Skin Health and Prevention Policy
- Camp Zero Education presented to nursing assistants
- Wound Ostomy Conerence Nurse and Intensive Care Unit Skin Champion presented unit-based education to critical care staff regarding Support Surfaces

January - June 2014
- Camp Zero online education assigned to all newly hired nursing assistants
- Wound Ostomy Conference Nurse and vendor representative presented “Win With Skin: Products for Prevention” to staff unit to unit
- Moisture Associated Skin Damage education presented unit to unit
- Wound Ostomy Conference Nurse presented “Prevention of Deep Pressure Ulcers: Care Study Skin Health Prevention Council”
- Wound Ostomy Conference Nurse and vendor representative presented “Medical Adhesive Related Skin Injury” education unit to unit
- Wound Ostomy Conference Nurse and vendor representative presented “Use of Air Filled Seating Cushion and Pressure Mapping” education unit to unit

July - December 2014
- “Best Annual Program” conseguement beds on site for in patient use
- Wound Ostomy Conference Nurse and vendor representative presented “Advanced Wound Care Dressings for Pressure Ulcer Prevention”

January - June 2015
- Skin Safe Tips news circulated bi-monthly to unit managers to share with staff
- Collaborated with Respiratory Therapy regarding prevention of device injury
- Camp Zero revisited and live presentations given for nursing assistants
- All-rolled cushions made accessible to Interventional Radiology for positioning high-risk patients
- Infection therapy mattress replacement made available to address pressure ulcer risk related to prolonged immobility of patients transported for procedures

Educational Presentations by External Experts 2013 – 2015

Susan Greenaw, MSN, RN, CWON
Pressure Ulcer Prevention: Digging Deeper towards an Invisible Minimum Virginia Commonwealth University Health System
October 2013

Justeen Krahey, MSN, RN, CWON
Emerging Trends: Pressure Ulcer Prevention in the OR; Mohlydia Health Care April 2014 and November 2014
C. Tod Birdis, MSN, RN, ET, CWON
Nurses Leading the Charge Toward Mutual Accountability in the Fight Against Hospital Acquired Pressure Ulcers: What Your Chief Executive Needs to Know Virginia Commonwealth University Health System
May 2014

Patrice Turner, RN, BC, CWON, CNS
P.R.E.S.S.U.R.E - Strategies for Handling It; Medline Industries
May 2015

Outcomes

Challenges and Lessons Learned

- Nursing assistant representation on Quality Council
- Continue to offer “Win” unit based education for all staff
- Inter-professional education by department, including Peri-op, Emergency Department and all procedure areas
- Engage nursing staff in design of creative methods to sustain change and continued quest for zero pressure ulcers
- Enhance Skin Health Program thru Inter Professional Membership
- Bi-annual Skin Health Workshop presenting recent EBP
- System conversion to new EMR documentation in progress
- Camp Zero adopted System Wide, roll out September 2015
- Expand WOCN services beyond five-day week utilizing skin champions, nursing assistants, and nursing staff

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References

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