

**Best Practice System Summary/Technical Assistance Sheet
Pressure Ulcer Prevention and Management**

FOCUS AREA: PRESSURE ULCER (PU)		
Assessment	Care Plan	Outcome
<p>Key Elements for the PU assessments include:</p> <p>___ Each individual should receive an assessment for PU risk and the presence of PU within 6 hours of admission to the facility which includes the following documentation:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Comprehensive head-to-toe skin assessment <input type="checkbox"/> Health history/diagnosis <input type="checkbox"/> Nutrition and hydration <input type="checkbox"/> Mobility*/positioning and support surfaces <input type="checkbox"/> Incontinence/moisture* <input type="checkbox"/> Pain status <input type="checkbox"/> Use of a validated risk assessment tool <p>*Included on Braden</p> <p>___ When a PU is present, an in-depth assessment should be completed which includes the following documentation:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Location and size (length, width and depth) <input type="checkbox"/> Stage (2007 NPUAP staging system) <input type="checkbox"/> Wound bed: granulation, odor, necrotic tissue, drainage/exudates, slough) <input type="checkbox"/> Presence of undermining/tunneling/sinus tracts <input type="checkbox"/> Condition of the peri-wound tissue: (color, temperature, bogginess, fluctuation, edema) <input type="checkbox"/> Positioning and support surfaces <input type="checkbox"/> Pain status <input type="checkbox"/> Validated tool for healing such as: PUSH/BWAT tool <p>___ Reassessment should be repeated for:</p> <ul style="list-style-type: none"> <input type="checkbox"/> PU risk assessment weekly for the first 4 weeks, then monthly for first quarter, then quarterly, and as clinical condition changes <input type="checkbox"/> Individuals with a PU should have an in-depth PU assessment repeated depending on the individual's clinical condition and treatment plan 	<p>Key Elements for care plans include:</p> <p>___ A current care plan for actual or risk of pressure ulcers includes:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Measurable goals and time frames <p>___ Pressure ulcer interventions focused on individual risk factors, prevention and/or effective treatment strategies</p> <ul style="list-style-type: none"> <input type="checkbox"/> Education provided to individuals and/or family/surrogates <input type="checkbox"/> Individual's baseline information including risk factors <input type="checkbox"/> Specific treatment with timelines for PU care <input type="checkbox"/> Frequency of pressure ulcer risk assessments and/or reevaluation of existing pressure ulcers <input type="checkbox"/> Process to notify the physician of changes in the PU risk assessment and/or changes noted during assessments of existing PU <p>___ Process to review and update the care plan based on changes of condition or assessment</p> <p>___ Process of an Interdisciplinary team review for basis of developing a person-centered plan of care</p>	<p>Outcomes include:</p> <p>___ Individualized interventions identified in the care plan are implemented</p> <p>___ Effectiveness of the individualized interventions is monitored and evaluated</p>

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PRESSURE ULCER PROVIDER TOOLKIT

<http://www.dads.state.tx.us/qualitymatters/qcp/woundcare/index.html>

Nursing Facility Toolkit

- Prevention Plus: Home of the Braden Scale. <http://bradenscale.com/>
- Bates-Jensen Wound Assessment (BWAT). http://www.geronet.med.ucla.edu/centers/borun/modules/Pressure_ulcer_prevention/puBWAT.pdf
- National Pressure Ulcer Advisory Panel (NPUAP)
Educational Resources <http://www.npuap.org/resources.htm>
PUSH Tool 3.0 <http://www.npuap.org/PDF/push3.pdf>
<http://www.npuap.org/resources/educational-and-clinical-resources/push-tool/push-tool-information-and-registration-form/>
Position Statement: Visible or palpable cartilage at the base of the wound <http://www.npuap.org/wp-content/uploads/2012/01/Cartilage-Position-Statement1.pdf>
Prevention of Medical Device-Related Pressure Ulcers in Long Term Care <http://www.dads.state.tx.us/qualitymatters/qcp/woundcare/BestPractices-LongTermCare.pdf>
- Registered Nurses' Association of Ontario: Health Education Fact Sheet <http://rnao.ca/bpg/fact-sheets/taking-pressure-preventing-pressure-ulcers>
- Texas Department of Aging and Disability Services: Pressure Ulcer Staging Poster
<http://www.dads.state.tx.us/qualitymatters/qcp/woundcare/PressureUlcerStagingPoster.pdf>
- Advancing Excellence in America's Nursing Homes http://www.nhqualitycampaign.org/star_index.aspx?controls=pressureulcerexploregoa
- Texas Medical Foundation: Prevention of Pressure Ulcers <http://texasgio.tmf.org/Networks/HealthcareAcquiredConditionsinNursingHomes.aspx>
- Indiana State Department of Health: Pressure Ulcer Resource Center <http://www.in.gov/isdh/24558.htm>
- Medline Plus: Pressure Sores <http://www.nlm.nih.gov/medlineplus/pressuresores.html>; <http://www.nlm.nih.gov/medlineplus/spanish/pressuresores.html>

Clinical Practice Guidelines

Registered Nurses' Association of Ontario (2004): Assessment and Management of Venous Leg Ulcers
<http://rnao.ca/bpg/guidelines/assessment-and-management-venous-leg-ulcers>

Registered Nurses' Association of Ontario (2013): Assessment and Management of Foot Ulcers for People with Diabetes, 2nd Edition
<http://rnao.ca/bpg/guidelines/assessment-and-management-foot-ulcers-people-diabetes-second-edition>

Agency for Healthcare Research and Quality. Patient Safety and Quality: An Evidence-Based Handbook for Nurses. Pressure Ulcers: A Patient Safety Issue
http://www.ahrq.gov/professionals/clinicians-providers/resources/nursing/resources/nursesbdbk/LyderC_PUPSI.pdf

Handouts

- [Best Practice System Summary](#) (PDF)
- [Pressure Ulcer Assessment and Management Guide](#) (PDF)
- [Pressure Ulcer Assessment and Reassessment Guidelines](#) (PDF)
- [Pressure Ulcer Prevention and Management Care Plan Process](#) (PDF)
- [Pressure Ulcer Care Plan Teaching Tool](#) (PDF)