



# Pressure Ulcer Prevention Among Residents at a Long-Term Care Facility in South Central Indiana

Alex Day, Michelle Fitzsimmons, Kailee Lynn, Elizabeth Leech, Lauryn Stephens  
Lisa Homer, PhD, RN, CCRN, CNE



## Background

- Pressure injuries affect 2.5 million people, cost 11 billion dollars annually, and can cause other serious complications<sup>1</sup>
- Proper assessment, prevention methods, and pressure-reducing interventions can delay or prevent facility acquired pressure ulcers<sup>2</sup>
- Previous studies have shown a decrease in pressure ulcer rates from 42.9% to 3.6% with the additional use of foam dressings<sup>3,4</sup>
- Reducing the occurrence of pressure ulcers reduces mortality, morbidity, length of stay, complications, and cost

## Purpose

To provide education on pressure ulcer development, identification, and prevention measures to staff members at a long-term care facility

## Methods

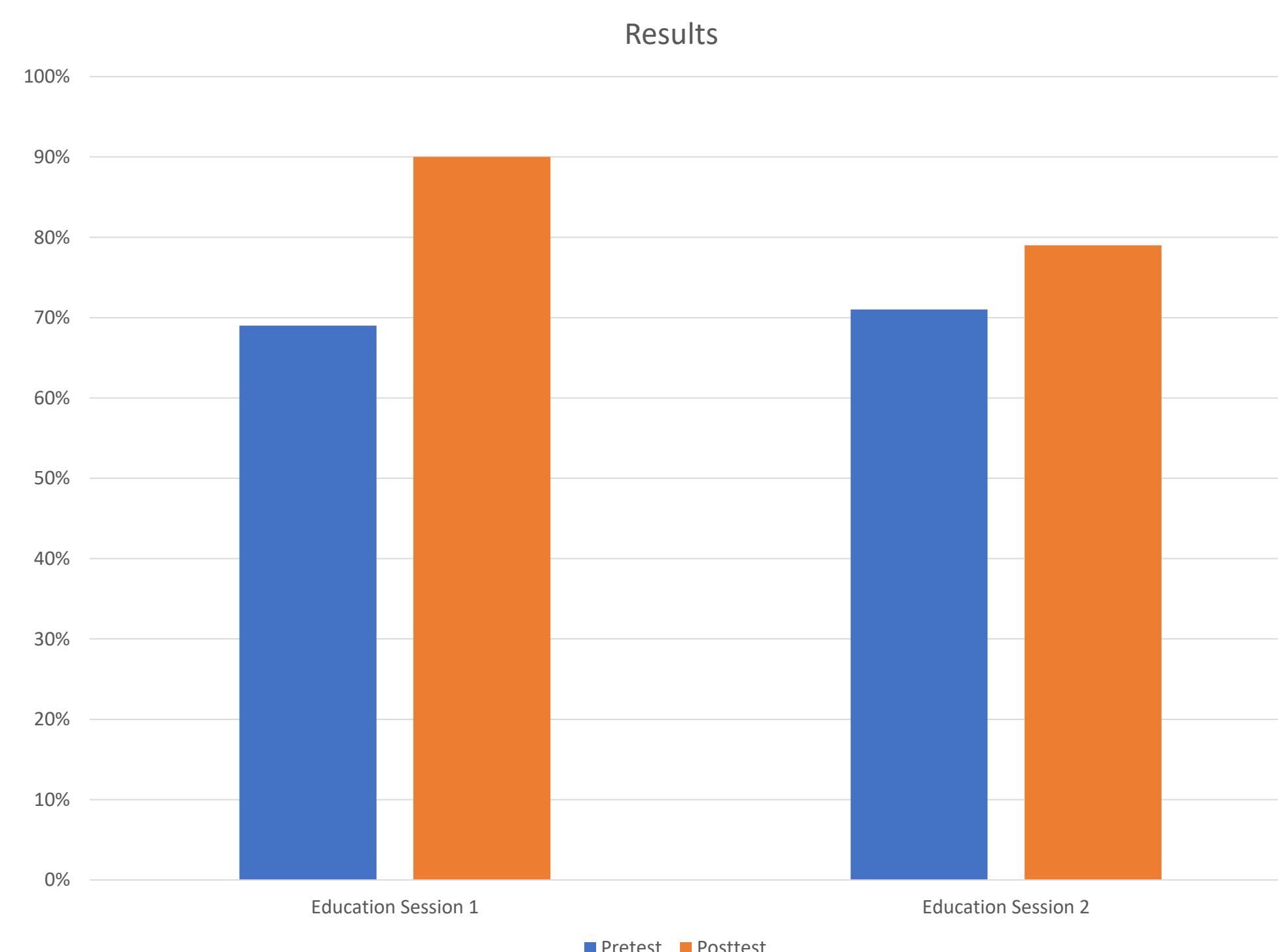
- Facility had recently adopted use of Braden Scale and foam dressings
- Conducted two educational sessions on risk factors for pressure ulcer development, use of the Braden Scale for predicting pressure ulcer risk, pressure ulcer identification and prevention techniques, nutrition, and pressure relief devices such as foam dressings
- Prior to the education session a pretest was administered to evaluate participants' prior knowledge about pressure ulcer development, identification, and prevention
- After the education session participants completed the posttest and scores were compared to determine if the education was effective in increasing participant knowledge

## Sample

Convenience sample (  $n = 13$ ,  $n = 6$ ) of staff at a long-term care facility comprised of registered nurses, nursing management, nursing assistants, and registered dieticians

## Results

- Overall scores improved
- Most commonly missed topics on the pretest included Braden Scale assessment and use of foam dressings but improved on the posttest in both groups



## Future Research

Track rates of facility acquired pressure ulcers to determine if education and newly introduced interventions were effective

## Conclusion

Results showed an increase in staff knowledge regarding pressure ulcer development, identification, and prevention after the education session

