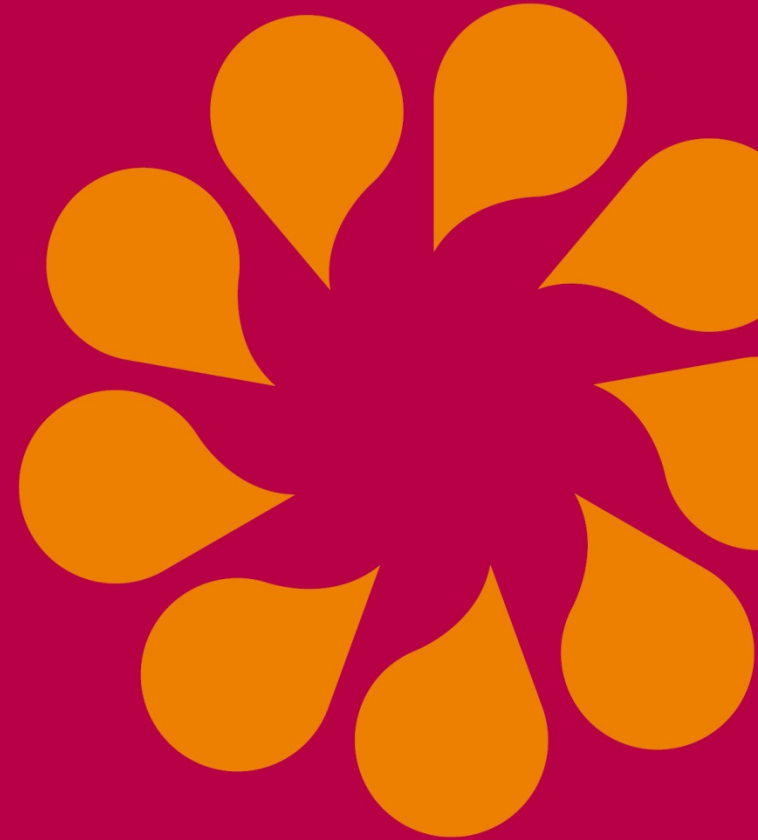


Training and educating frontline staff in pressure ulcer prevention

Luxmi Dhoonmoon

Tissue Viability Nurse Consultant



Objectives of this session

- Importance of Pressure Ulcer prevention (PUP)
- Improving PU leadership on the Governance agenda
- Roll of education in a pandemic
- Making Pressure ulcer everyone's business



What do we know ?

- Pressure ulcers (PU) are a significant global healthcare problem
- It has physiological, psychological and financial effects on individuals and families
- The presence of a PU can affect the quality of life of an individual, lengthens hospital stay, and increases hospital costs, which can lead to a rise in mortality





Importance of PUP in CNWL NHS FT

- Pressure ulcers: revised definition and measurement (June 2018)
- Pressure ulcers remain a concerning and mainly avoidable harm associated with healthcare delivery (NHSI 2018)
- Priority : find ways to improve the prevention of pressure damage



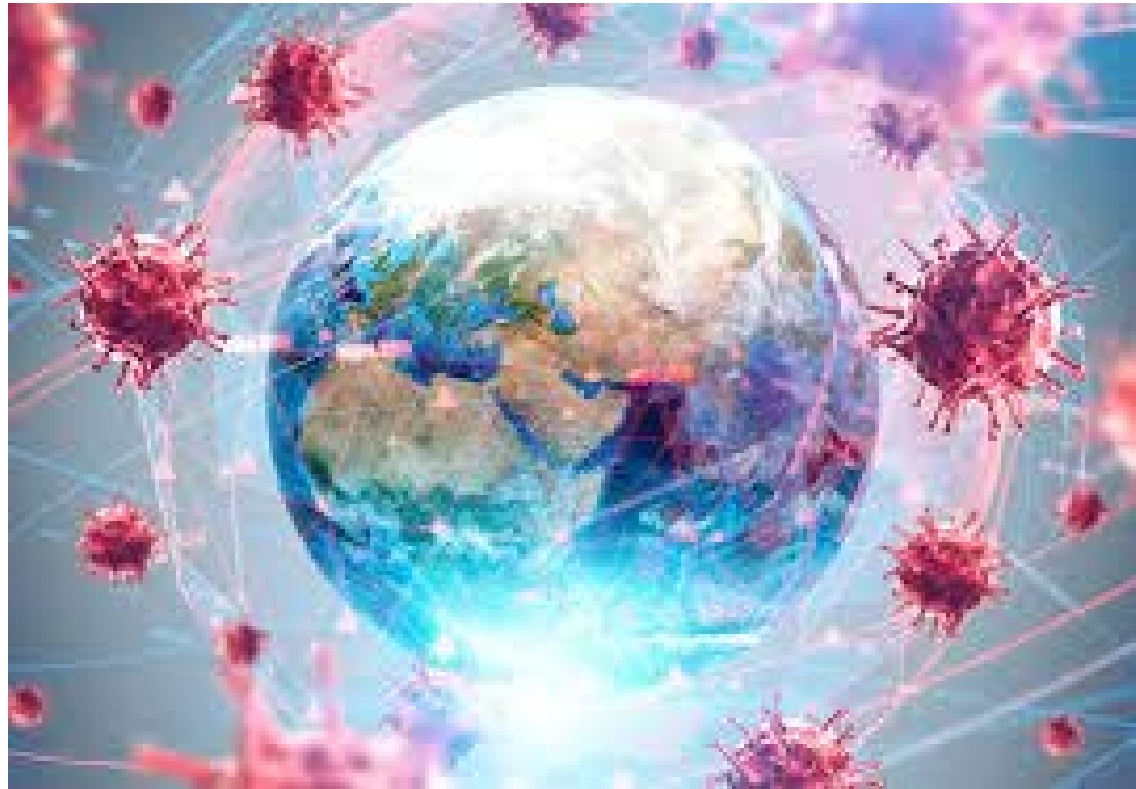


QI project to implement recommendation


- Quality improvement (QI) method to make changes and improve outcomes for service users and patients
- Implemented in inpatient rehab units
- Initiated on admission to the unit
- Celebrate patient success
- Celebrate ward success- 100 days, 200 days and 365 days



Here comes the Pandemic !!



Empowering frontline teams

- Redeployed staff both in community and wards
- Increased in complex patients both in wards and community
- PU referral  due to skin failure
- Increased in rapid patients' deterioration noted
- Volunteers came to support
- Non-clinical teams supported wards



Sharing Knowledge and skills to improve outcomes

- Build a culture of partnership and collaboration with education team- to deliver bite size session on PUP and basic wound care to all our redeployed staff and non-clinical staff
- Speed up innovative way of teaching using virtual platform to improve clinical outcomes and patient experience
- Feedback: very positive as staff felt equipped to deliver care



Skin Protection

A **PROACTIVE** approach is necessary to **PREVENT** skin damage

Its important to **PROTECT** the skin from harmful or irritant substances.

Remember the **3 P's**

PROACTIVE PROTECTION PREVENTS Skin Damage.





Risk Assessments

- All patients should be assessed to help identify patients at risk of pressure damage

-



- This should be on admission to caseload
- on first patient visit
- on transfer between care settings
- otherwise at least weekly



Risk assessment- what should be included

- Malnutrition Universal screening tool (MUST)
- Repositioning chart/ advice
- SSKIN
- Walsall or Waterlow score
- Moving and Handling assessment
- Wound assessment chart
- Care plan
- Complete Datix for all Moisture lesion (sacrum), category 2 and above
- Refer to TVNs for any deterioration or advice on management
- **Complete safeguarding tool to determine if referral required**



Skin Changes at Life End (SCALE)



Often the changes to the skin can't be prevented or healed when someone is dying. These skin changes are referred to as Skin Changes at Life's End, or SCALE. However, there are some ways to manage or care for sore areas to keep a patient comfortable.

X-Plain



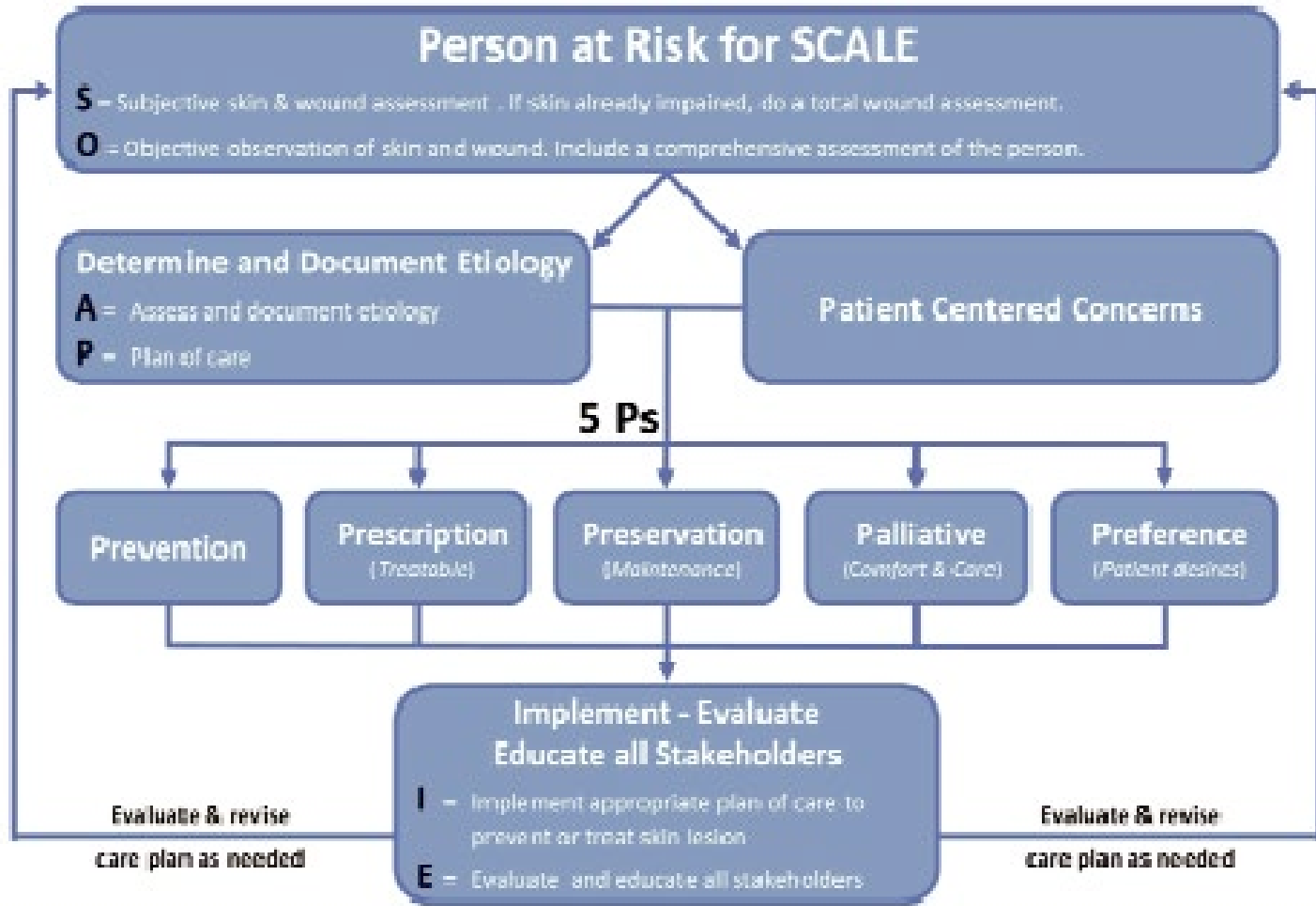


Figure 1. The SOAPIE mnemonic with the 5P enabler.

REMEMBER YOUR SSKIN Bundle



- Skin Bundle highlighted in “Your Skin Matters”
- A- assessment
- S – Skin / Assessment
- S –Surface / equipment
- K-Keep Moving
- I -Incontinence
- N-Nutrition
- G- giving information



Resources on NHSI website

Initial	NHS	Commercial
Skin	Dermatology	Moisturisers Wash cloths
Surface	Equipment library Porters	Bed Mattress Chair Cushions Heel protection
Keep moving	Physios OTs Orthotists	Hoists Slide sheets Zimmer frames Walking sticks
Incontinence	Continence team Urology	Catheters Wipes Pads Skin barriers
Nutrition	Dietetics Speech and Language Therapists Catering services	Supplements Drinks
Devices	Intensive and critical care Respiratory	Device manufacturers
Heels	Podiatry Vascular Orthopaedics Leg ulcer specialists Lymphoedema Lower limb teams	Heel devices Specialist shoes

What can you do?

- - Collaborative working with multi-disciplinary team
- - Seek support and advice from TVN's
- - Recognition for high standards of care
- - Educate carers and family members (in units or on discharge)
- - Act early to prevent further damage and report appropriately



Celebrating success

- 1 inpatient ward- 1500 PU free days
- April 20- march 21- Zero category 4 acquired in the trust
- April 20- march 21- No serious harm (PU) for the trust requiring RCA
- Redeployed staff – now working as bank with DN or in wards to maintain their clinical skills
- Satisfaction in care delivery and improved patient's outcome



Key messages

- That pressure ulcers are **preventable**, especially with **early detection**.
- That pressure ulcers **affect everyone**
- That it is **everybody's business** to care for people who are at risk
- That simple things **save lives**





Thank you for listening



Luxmi Dhoonmoon
Tissue Viability Nurse

