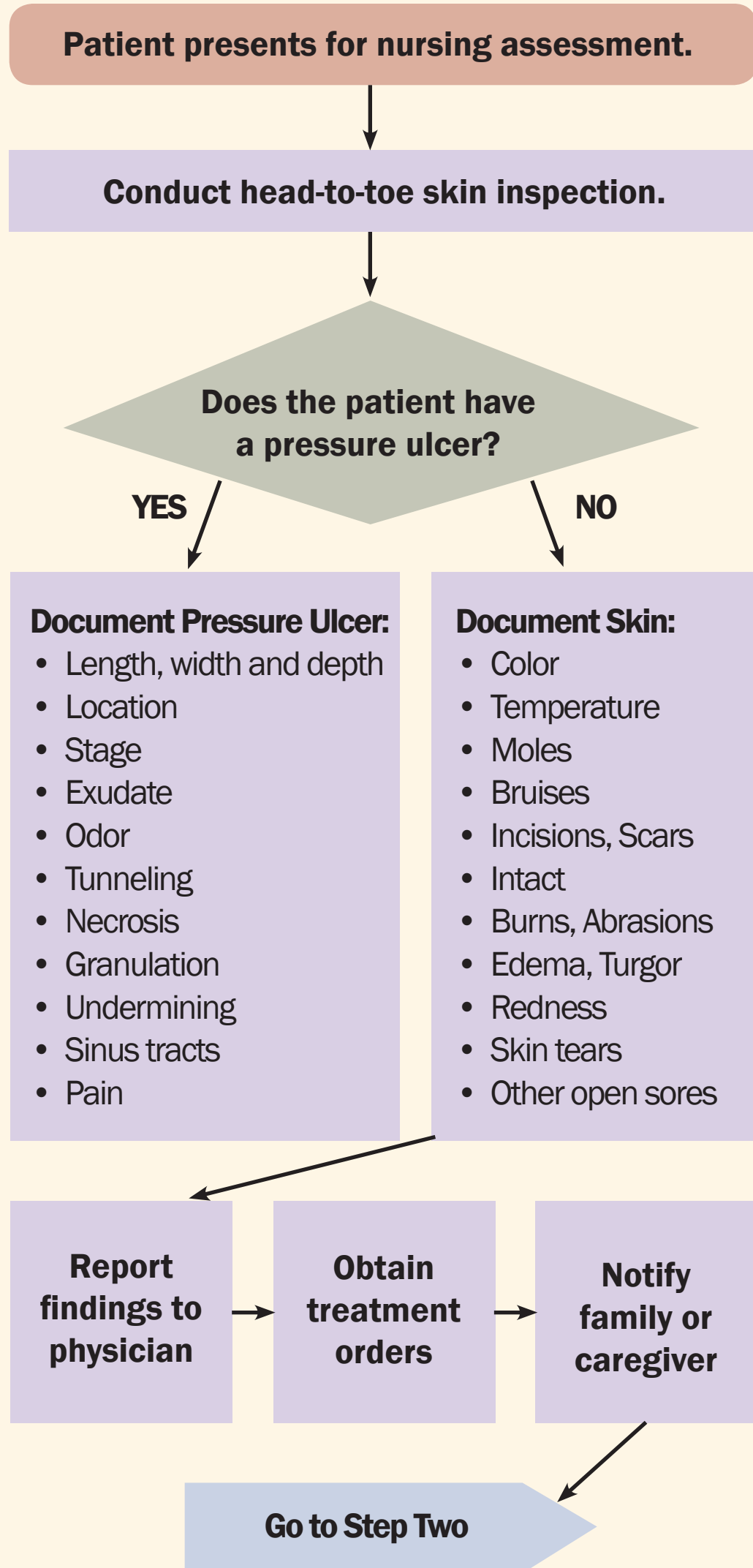


# Pathway for Prediction, Prevention, and Treatment of Pressure Ulcers in Hospitals

## STEP ONE: Assess skin condition.



### Reminders:

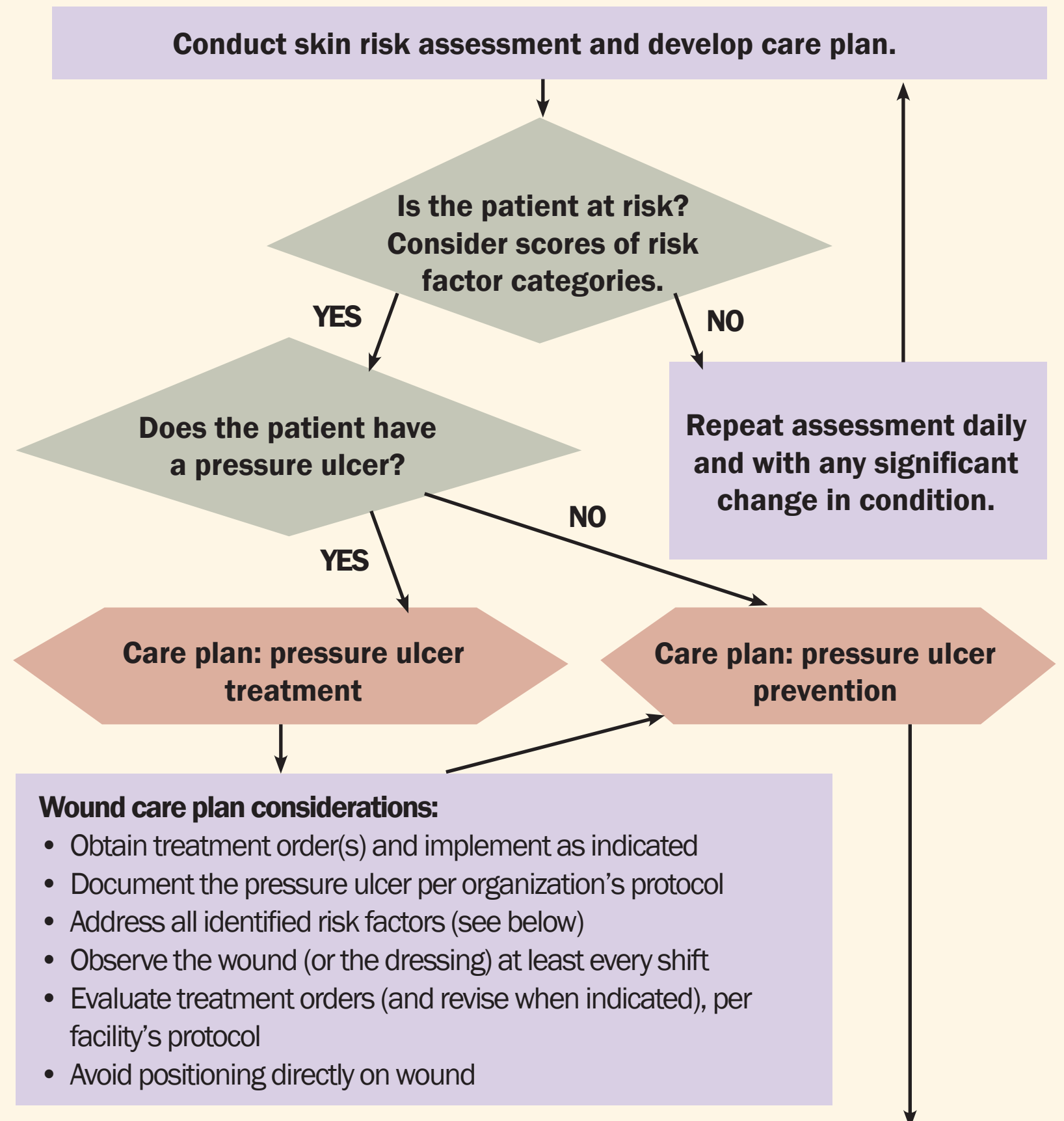
#### Repeat Step One regularly

- Daily for all patients
- Every shift for all high-risk patients

#### If a pressure ulcer develops in-house:

- Conduct a pressure ulcer investigation
- Repeat process, beginning with Step One
- Initiate any required paperwork or tracking sheets
- Update other assessments as needed

## STEP TWO: Complete risk assessment to identify risk factors and care plan interventions.



### Preventive care plan considerations (based on risk factor categories):

#### Bed/chair mobility

- Adopt turn schedule of at least Q2hr in bed or Q1hr in chair; float heels
- Use pressure redistributing cushions, mattresses, gel pads, etc.
- Obtain PT/OT consult and positioning assessment
- Avoid positioning directly on trochanter

#### Friction and/or shear

- Use padding to prevent skin-to-skin contact; use draw sheets for turning
- Protect heels and bony prominences with boots, heel protectors, or pillows as needed; avoid massage over bony prominences
- Use positioning devices; position HOB at lowest possible level

#### Incontinence and moisture

- Provide peri-care Q2hr or as soon as possible after incontinence
- Implement toileting program; use barrier cream, incontinent pads, briefs
- Keep skin dry with light powder; or keep moist with lotion, if dry

#### Nutrition and body weight

- Monitor patients' weights and labs; maintain hydration
- Obtain dietitian consult; enhance diet
- Provide dietary supplements and/or vitamin/mineral supplements
- Provide feeding assistance; monitor meal/fluid intake
- Obtain ST consult and assessment for chewing/swallowing

#### Other

- Address any other identified patient-specific risk factors
- Monitor patient's response to care plan and modify as needed

### Sources:

- Institute for Healthcare Improvement. Five Million Lives Campaign Getting Started Kit: Prevent Pressure Ulcers, How-To Guide. Available at [www.ihl.org](http://www.ihl.org). Accessed August 24, 2009.
- National Pressure Ulcer Advisory Panel. Pressure Ulcer Prevention Points. Washington DC: NPUAP; 2007.
- The Joint Commission 2010 National Patient Safety Goals.
- The Institute for Clinical Systems Improvement (ICSI). Skin Safety Protocol: Risk Assessment and Prevention of Pressure Ulcers. Bloomington, MN: ICSI; 2007.