PRESSURE ULCERS PREVENTION: A CLINICAL AUDIT

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The purpose of the audit was to improve pressure sore risk assessment and prevention to reflect the guideline recommendations. The aims were to monitor the identification of risk factors for pressure ulcers (PU) and the extend of preventive strategies for patients in an acute hospital setting.

The project started from the data’s collection of medical records and patient’s observation by the researchers. The population consisted of patients admitted for at least 24 hours in three wards: general medicine, orthopaedic and observational. The observers used a checklist to assess patient care at risk of developing PU. The checklist was structured into five items, based on five measurable criteria, suggested by EBN (NPUAP-EPUAP guidelines 2009/ St.Orsola-Malpighi Hospital Guidelines 2010). A questionnaire was given to nursing staff, in order to achieve educational needs and to promote professional update (Audit 1). An evidence-based resource pack (including Braden Scale) was given to each ward manager and an educational course about pressure sore prevention was developed for nursing personnel. The survey was repeated using the same methodology (Audit 2).

A comparative statistical analysis of the audits was made and a feedback was sent the wards. Audit checklists were completed for 98 patients in audit 1 and for 153 in audit 2. The main results are summerized in figure 1.

The introduction of a validated and cheap tool such as the Braden Scale and the professional update of nursing staff, can significantly improve the management of patient at risk of PU and reduce the PU prevalence.