



News from Kendal Outreach, LLC
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Kendal Outreach publishes
A Practical Guide to Pressure Ulcer Prevention

APRIL 21, 2010 -- Pressure ulcers afflict 5-12 percent of nursing home residents nationwide. Now a new guide book and companion CD tackle that problem head on.

A Practical Guide to Pressure Ulcer Prevention, published by [Kendal Outreach, LLC](http://www.kendaloutreach.org), gives long-term care nurses and nursing assistants hands-on techniques and tools for preventing pressure ulcers. Also known as bedsores, pressure ulcers are wounds caused by many factors—including unrelieved pressure, nutritional factors, moisture, and friction and shearing forces—especially over bony areas such as the hips, tailbone and heels.

"Many long-term care providers focus on wound healing, with prevention efforts being limited to common interventions that address only a few of the causes of pressure ulcers," says Karen Russell, Kendal Outreach Regional Director. "There also is a failure to identify the increased risks for developing a pressure ulcer of those who are newly admitted, readmitted or who experience a change in condition. A complex cycle frequently occurs, where new ulcers develop, are healed, and then reoccur," Russell says.

A Practical Guide to Pressure Ulcer Prevention lays out straight-forward strategies for getting at root causes and provides ready-to-use tools. The guide addresses:

- Developing a strong prevention team and meeting process;
- The importance of gathering relevant data;
- How to focus on basic care issues and evaluate organizational systems that drive care practices;
- Expanding the assessment focus of risk factors beyond standardized assessments to find root causes; and
- Providing individualized interventions to reduce, modify or eliminate risk factors.

A CD accompanies the guide that includes sample assessments, tools and educational posters. The posters, which help reinforce

important points of pressure ulcer prevention, can be printed from the CD for nursing staff use.

"Fewer pressure ulcers mean less time spent on the treatment and documentation of those ulcers, not to mention the high costs associated with that care for supplies," says Ruth Bish, Kendal Outreach Nurse Educator. "But most importantly, it means a much better quality of life for those in our care."

Working through the [Pennsylvania Restraint Reduction Initiative](#) (PARRI), a Kendal Outreach program, Russell and Bish began working with Pennsylvania long-term care providers to improve their pressure ulcer prevention process in 2007. They focused on helping long-term care providers recognize that they must put as much emphasis on systematic assessments of risk factors and on individualized plans of care for the prevention of pressure ulcers as they do on the treatment of existing wounds.

A Practical Guide to Pressure Ulcer Prevention can be used on the nursing unit and taken to pressure ulcer prevention meetings to give staff ideas for care plan interventions. "Each risk factor discussed in the guide has quality assurance questions specific to that risk, along with co-morbidities that may affect that risk factor, and specific suggestions for interventions," Bish notes.

As they worked with long-term care providers, Russell and Bish say that several points became apparent. First, facilities that already had a solid process in place for the identification and treatment of wounds were able to incorporate pressure ulcer prevention strategies easier than facilities without a strong process. Second, high staff turnover wreaks havoc with pressure ulcer prevention efforts, as does the lack of consistent care assignments. Third, the use of pressure ulcer risk assessments and having pressure ulcer prevention policies do not by themselves reduce the risk of pressure ulcer development. Finally, frontline caregivers are often at a loss to develop new interventions on the plan of care.

A Practical Guide to Pressure Ulcer Prevention is now available for purchase online at www.kendaloutreach.org for just \$45 for both the guide and CD. To order by phone, call 610-335-1288. For more information, e-mail Kashmira Narinesingh-Smith at knsmith@kendaloutreach.org.

Kendal Outreach, LLC, a Kendal subsidiary, is a not-for-profit provider specializing in creative solutions for health care clients primarily devoted to long-term care.

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