Pressure Ulcer Prevention

Working Together To Reach Goal Of Zero Acquired Pressure Ulcers

Our Mission

UHS is a comprehensive regional health system whose mission is to improve the health of those we serve through our commitment to excellence in all that we do.

Organizational History

- Caring for people in various counties for over 100 years
- Currently serving nearly 2/3 of the residents of the Southern Tier: Broome, Tioga, Chenango, Delaware, Otsego and Sullivan Counties
- Major employer to region with 5,500+ employees throughout the UHS System
- During 2012 UHS provided $28 million dollars in uncompensated and charity care to the community
UHS Hospitals
Binghamton, NY

UHS Wilson Medical Center
UHS Binghamton General Hospital
UHS Vestal
UHS Physicians Practice
Other Outpatient Services

UHS Facilities
Binghamton, NY

UHS Senior Living at IDEAL
UHS Twin Tier Home Care

Other UHS Facilities

UHS Chenango Memorial Hospital, Norwich, NY
60 beds Acute Care
78 beds Long term Care
4 Primary Care Centers
Rehab & Dental Clinics

UHS Delaware Valley Hospital
Walton, NY
25 critical access beds
3 Primary Care Centers
Outpatient Diagnostic and Treatment Services
Gold STAMP Initiative

• UHS Collaborative meetings in 2012 held twice a month during first 6 months

• Focus of First Quarter 2012 Meetings
  - Review of self-assessment profiles
  - Review of Gold STAMP Resource Guide
  - Identification of UHS System-wide strengths and improvement needs regarding pressure ulcer prevention
  - Discussion regarding use of common communication tool
  - Identification that all UHS facilities currently use the Braden Scale for determining pressure ulcer risk

• Consensus by end of First Quarter 2012 Meetings
  - Common communication tool
    - UHS working on implementing an Electronic Medical Record system early 2013 which will provide system-wide communication tool.
  - Education focus
    - Group agreed to focus on designing an evidenced-based approach to pressure ulcer prevention and treatment that could be standardized throughout the UHS System and maybe eventually the region.
Gold STAMP Initiative

- Education focus to include...
  - Education program for initial orientation for new nursing staff
  - Education program for current nursing staff
    > RNs-only focus
      - Assessment skills in regards to pressure ulcer risk factors
      - Pressure ulcer prevention care planning
    > RNs and nursing support staff focus
      - Pressure Ulcer prevention measures

Focusing on Assessment Skills

“Nurses cannot expect to make significant progress in preventing pressure ulcers if pressure ulcer risk assessment, prevention planning, intervention and outcomes evaluation function as distinct and unrelated activities.”


Focusing on Assessment Skills

- Risk assessment is the first step in pressure ulcer prevention.
- Helps the nurse gather information needed to identify who is at risk for developing a pressure ulcer
- Risk assessment differs from skin assessment
- Use results to plan interventions
Focusing on Assessment Skills

- The need for an evidenced-based tool...
  - Ensures a systematic evaluation of an individual's risk factors
  - Aids in clinical decision making
  - Aids in identifying preventive interventions that should be used
  - Aids with communication between interdisciplinary health care team.
  - Meets with "Best Practice" standards advocated by accreditation agencies such as HFAP & JCAHO

The Standardized, evidenced-based tool used throughout UHS System: Braden Scale

Focusing on Assessment Skills

- Braden Scale provides information needed for effective care planning
- Important to match the patient's status to subscale descriptions
- Need for staff to have the complete scale with subscale details available at fingertips
- No abridged form or copying from others assessments permissible

Focusing on Assessment Skills

- Braden scale not only helps identify but also provides the information needed to plan effective prevention interventions specific to individual patient.
- Prevention plan will not be effective if it is based on faulty subscale ratings.
Research suggests that training on how to correctly use the Braden Scale is needed to improve the reliability of a Braden Scale risk assessment made by RNs.

- The fact that a nurse has used the Braden Scale for a long time does not mean that all of her/his assessments are reliable.
- Annual competency training is recommended.

Our questions in 2012:
- How well were our RNs and Home Care Therapy staff using the Braden Scale?
- What would be best approach for educating staff on Braden Scale:
  ~ Traditional classroom or web-based?

Review of the Evidence for Web-Based Braden Scale Instruction

Review of the Evidence for Web-Based Braden Scale Instruction

- Web based training had an important influence on risk assessment & prevention planning.
- Newer user competence: Increased to 84% from 63% reliable risk assessment
- Regular users competence: Increased to 65% from 62% ~ not significant statistically

Our decision: Develop a web-based training program regarding proper use of Braden Scale

Gold STAMP Initiative

- The UHS collaborative members worked together to develop a two part standardized education program for current UHS RNs and nursing support staff regarding pressure ulcers.
  - Part 1: Pressure ulcer risk assessment involving accurate use of the Braden Scale
  - Part 2: Pressure ulcer prevention measures.

Gold STAMP Initiative

- Part 1: Pressure ulcer risk assessment involving accurate use of the Braden Scale and pressure ulcer prevention care planning
  - UHS RNs assigned an on-line Braden Scale Competency program starting January 2013.
  - UHS RNs received care plan training in conjunction with the new Electronic Medical Record system which went live in April 9th

- Part 2: Pressure ulcer prevention measures
  - UHS Nursing and Nursing Support Staff will be assigned to complete an on-line educational program which will be offered later in 2013
Part 1: Outline for Education Module on Assessing Pressure Ulcer Risk

- Introduction to Gold STAMP initiative
- Pressure Ulcers: A patient safety issue
  - National and New York State prevalence rates
  - Costs associated with treating pressure ulcers both financially and psychosocially for patient
- UHS Plan
  - Continue on-going monitoring of acquired pressure ulcer prevalence rates and quality improvement measures
  - RN's only Education
    - On-Line Braden Scale Education to ensure common base of knowledge throughout UHS System
    - Pressure ulcer prevention care plan training associated with new Electronic Medical Record system
  - RNs and Nursing support staff Education:
    - Pressure Ulcer prevention measures

Part 2: Outline for Education Module on Preventing Pressure Ulcers

- Introduction
- Skin overview
- Pressure Ulcer
  - Definition
  - Impact: Financial/Psychosocial
  - Prevalence rates
  - Common locations and risk factors
  - Preventive measures
  - Case study practice

Gold STAMP UHS Collaborative Future Plans

The Braden Scale competency program –
Target completion month June 2013
Prevention education program later this year
Evaluating Training

- 969 Nurses within UHS system
- 780 Nurses completed Braden Scale Training
- 150 Nurses completed post-training survey
  - Survey consisted of 5 questions
  - Survey limitations
    - Only available on-line for 2 weeks
    - One facility had difficulty accessing survey via their computers

Survey Results

<table>
<thead>
<tr>
<th>Question #1</th>
<th>Percentage of Nurses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Disagree</td>
<td>2.7</td>
</tr>
<tr>
<td>Disagree</td>
<td>2.7</td>
</tr>
<tr>
<td>No Opinion</td>
<td>5.3</td>
</tr>
<tr>
<td>Agree</td>
<td>67.3</td>
</tr>
<tr>
<td>Strongly Agree</td>
<td>22</td>
</tr>
</tbody>
</table>

Survey Results

<table>
<thead>
<tr>
<th>Question #2</th>
<th>Percentage of Nurses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Disagree</td>
<td>2.7</td>
</tr>
<tr>
<td>Disagree</td>
<td>2.7</td>
</tr>
<tr>
<td>No Opinion</td>
<td>6.7</td>
</tr>
<tr>
<td>Agree</td>
<td>67.3</td>
</tr>
<tr>
<td>Strongly Agree</td>
<td>30.7</td>
</tr>
</tbody>
</table>
Some Written Comments on Survey

Question: What else do you feel needed to prevent pressure ulcers?
> On going reminders and follow up education for all nursing staff
> Quarterly inservices on prevention
> Develop a turning and positioning team
> More staff

Some Written Comments on Survey

General Comments
> "I really liked the way this exercise made you think about the Braden Scale and how it really should be used to drive certain aspects of the patient's care..."
> "I liked the idea of learning through scenarios versus just dictation of information..."
> "...it is valuable information that should be refreshed occasionally."
> "...this has given other RN's some insight and help the Braden scores to be more consistent."

Summary

The ongoing commitment to clinical excellence, combined with the strength of system integration efforts within UHS Nursing, has allowed the UHS Team to become a leader within the Gold STAMP Program, sharing ideas and expertise with other NYS regional collaboratives and adding to the Gold STAMP Program’s resources.
Contact Information

- Christine Oliver RN, BSN, CWOCN, Collaborative Champion/Liaison, UHS Wilson Medical Center
- Bethany Crenshaw, BS, RN,CRRN,NE-BC
  Manager of Professional Nursing Practice and Wound, Ostomy, Continence Nursing Services UHS Hospitals
- Lynn Drake, MSN, RN-BC, WCC
  Staff Educator UHS Chenango Hospital/Long-term care
- Elaine Petrozello RN, BSN CWOCN
  UHS Twin Tier Home Health Care
- Paula Titcomb, RN, BSN
  UHS Home Care at Ideal
- Mary Anne Radomski, RN, BSN
  Director of Nursing, UHS Ideal Senior Living Center