

# The Pressure is Off: Improving Assessment Skills of Pressure Injuries

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## Introduction

Pressure injury occurrence developed in patients during hospitalization can increase length of stay and negatively impact health outcomes. A recent study done in 150 Korean hospitals found that the mortality rate in patients with pressure injuries was 2.81 times higher and the length of hospital stay in patients with a pressure injury was prolonged for 15.8 days on average compared with patients without a pressure injury.

## Purpose

Based on the accumulation of current research on nurses caring for patients with pressure injuries, this project has created an educational presentation and tool (badge reel card) to assist in the improvement of knowledge of nurses on progressive care unit at Mercy Fairfield in an effort to improve their confidence of pressure injury assessment and following treatment plans designed by wound care teams. An educational PowerPoint was delivered to nurses on the PCU via email, along with a pre and post-test to assess prior and post knowledge, and a visual of the badge reel card created by our group.

**PICO question:** In PCU nurses, how does a teaching intervention/session influence their knowledge level of pressure injury assessment and confidence in following treatment plans?

## Literature Search

### Databases

CINAHL, EBSCO, and PubMed

### Search Parameters:

Peer-reviewed articles

Published within the last 5-7 years

**Keywords:** pressure injury OR pressure ulcer, adult patients, nurse assessment, assessment tools, progressive care units OR inpatient units or intermittent care or step down, pressure ulcer treatment OR pressure ulcer care

## Current research

Current research for the treatment of pressure injuries includes frequent assessments and turns (done by the patient or care provider). If there is a pressure injury present; location, size, grade, wound bed, exudate, pain, surrounding skin, and undermining should all be assessed by the nurse. The cumulation of research shows that there is a gap between knowledge of pressure injury care and implementation. All together, there is need to increase pressure injury training in nurses that goes beyond prevention and moves into implementation of assessment and care.

## Materials & Methods

### Education plan+implementation:

Place: Mercy Fairfield Hospital

Presented to: Nurses on the Progressive Care Unit

Overall Purpose: To educate PCU nurses on the assessment of pressure injuries and improve confidence in the assessment and ability to follow an already developed treatment by the wound care team including the use of a new teaching tool (badge reel card).

### Objectives:

Learners will be able to identify assessment questions to consider when caring for a patient with a pressure injury

Learners will be able to identify different characteristics of pressure injuries to assess on my patients (i.e. wound color, drainage, size, etc.)

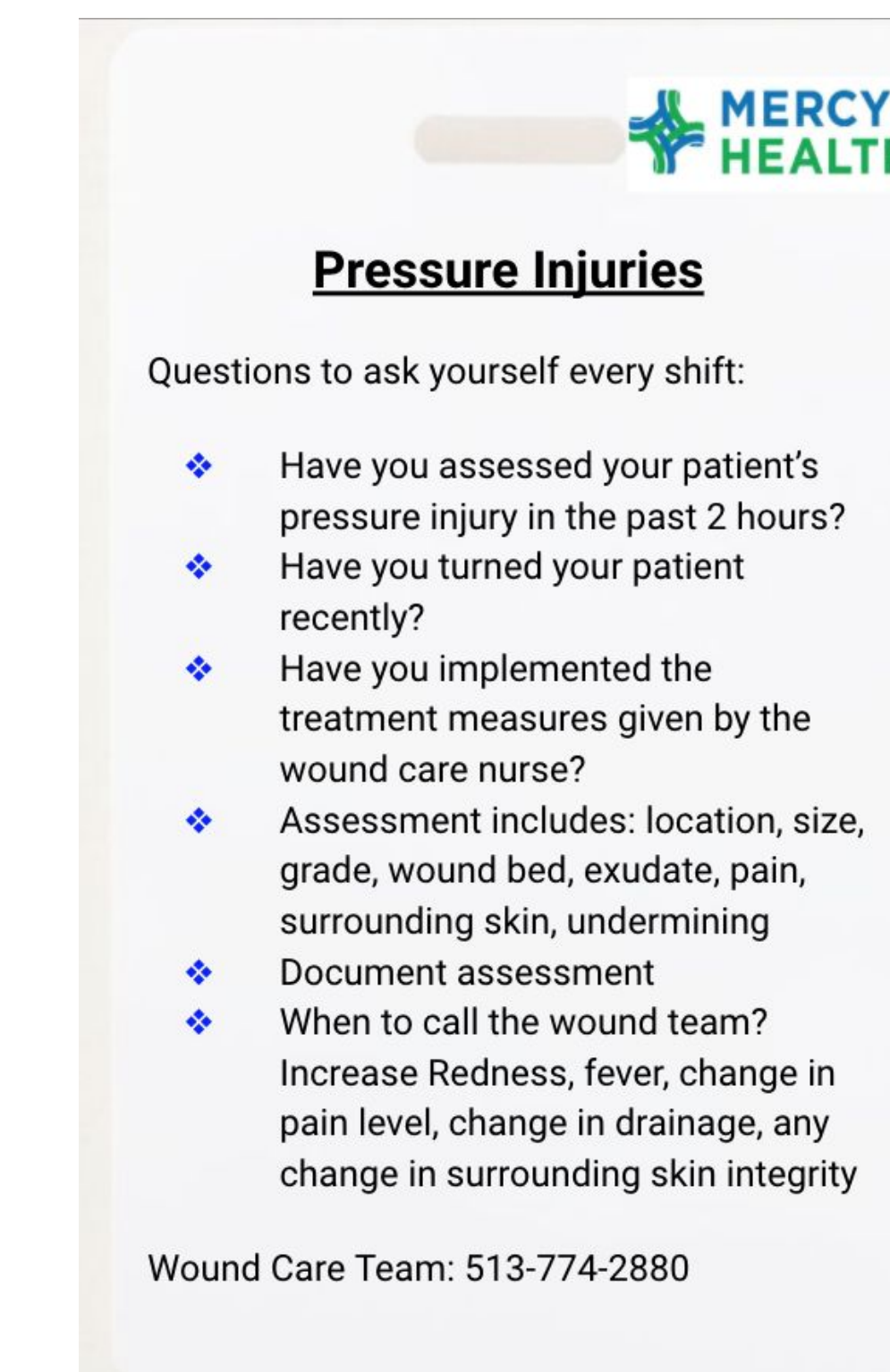
Learners will be able to improve their level of confidence about following treatment plans for their patients from the wound care team

PowerPoint Presentation: 10 minute presentation delivered via email to nurses and given a week to view the presentation and teaching tool

Pre/Post-test: Five questions asked using a likert scale, ranging from not confident at all(1) to completely confident (5)

## Conclusions

After providing the educational session, the nurses on this unit showed an overall increase in knowledge and confidence in the assessment of pressure injuries, as well as finding the badge reel helpful. There was comprehensive understanding of the assessment questions required for nurses to ask every shift and how to accurately identify different characteristics of pressure injuries after viewing the provided education.



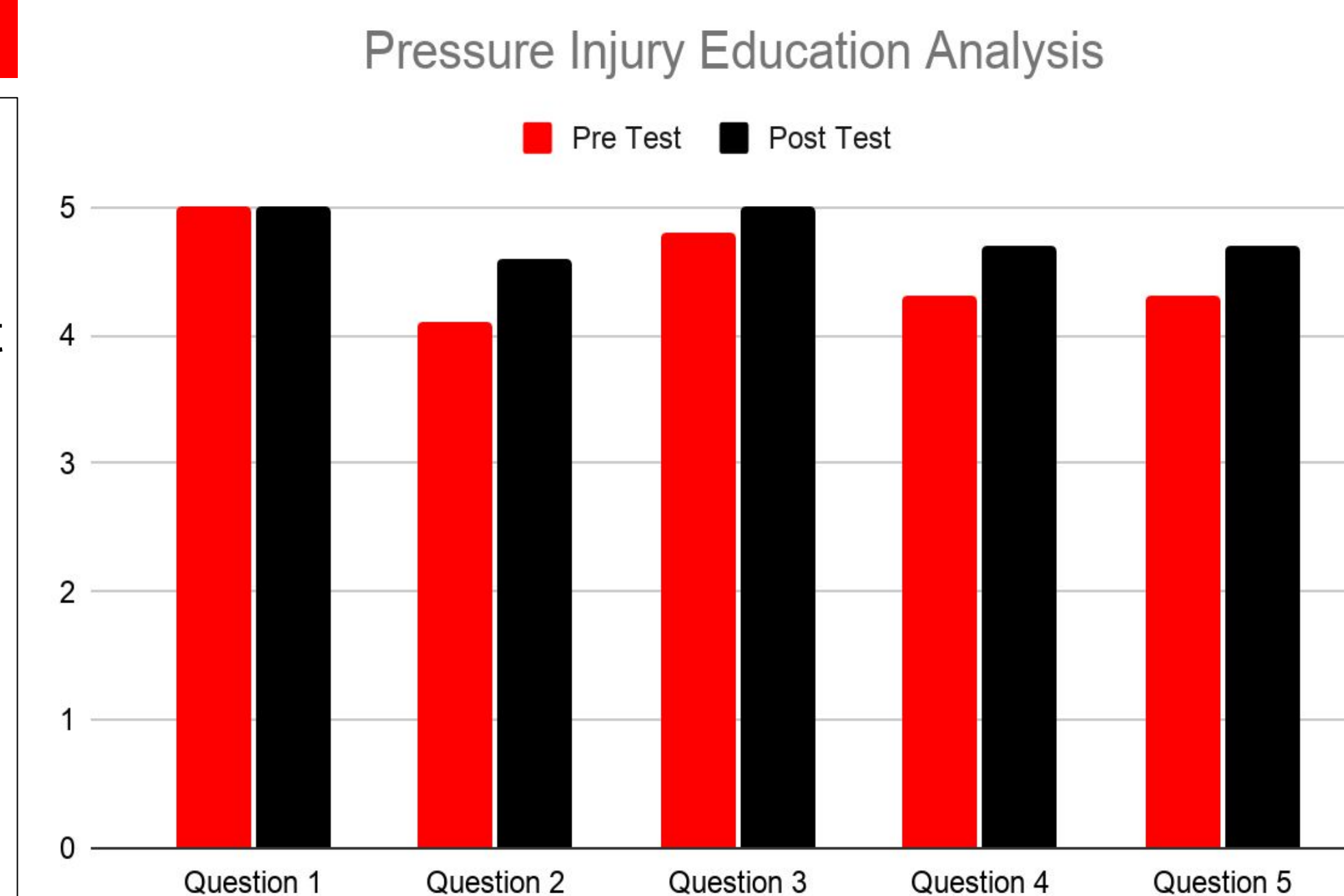
| Stage              | Description   |
|--------------------|---|
| Stage 1            | Not open(no breaks or tears), painful, reddened (no blanching), warm skin, can feel firmer or softer than surrounding skin  |
| Stage 2            | Break in skin, wears away or forms ulcer, tender and painful, sore in deeper layer of skin, can look like scrape, blister, or shallow crater in the skin. Blister can have clear fluid. Skin can be damaged beyond repair or die. |
| Stage 3            | Sore continues to get worse and extends into the tissue beneath the skin. Fat may show in the sore, but not muscle, tendon, or bone.  |
| Stage 4            | The injury is very deep showing muscle and bone leading to extensive damage. Damage deep tissue, tendons, and joints.   |
| Unstageable        | The injury is not clear. May be covered by thick layer of tissue or pus (yellow, grey, green, brown, or black). Unable to see the base of the sore to stage   |
| Deep Tissue Injury | Not open wound and tissue under is damaged. Skin looks purple, dark red, blood-filled blister.  |

## Results

### Pre- & Post- Education Survey

On a scale of 1 (1 is not confident at all) to 5 (5 is completely confident)

1. Have you ever received specific training on the treatment of pressure injuries during your employment at Mercy Fairfield? (Yes or No)
2. I can identify three assessment questions to consider when caring for a patient with a pressure injury.
3. At Mercy Fairfield, I am confident in my ability to access the necessary hospital resources regarding pressure injuries (i.e. wound care team phone number).
4. I can identify different characteristics of pressure injuries to assess on my patients (i.e. wound color, drainage, size, etc.).
5. I feel confident about the care and treatment of patients with pressure injuries.



## Recommendations

- Present in person PowerPoint with all of our group members present (unable to do this because of hospital covid restrictions)
- Provide nurses with a physical copy of the teaching tool on the day of our presentation and receive feedback on it
- Provide more time for the nurses to watch the presentation and complete the pre/post-tests in order to get a larger number of submissions

## References

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