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4-25-2024

Prevalence and Prevention of Pressure Injuries in Residents Over the Age of 65

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Recommended Citation

Vo, Bao; Theimer, Trista; and Nordstrom, Joe, "Prevalence and Prevention of Pressure Injuries in Residents Over the Age of 65" (2024). Celebrating Scholarship and Creativity Day (2018-). 241. https://digitalcommons.csbsju.edu/ur_cscday/241

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Bao, Trista, Joe Interventions for **Pressure Injuries**

Expectations

Population

How we chose the topic

Data from the facility

Causes of Pl

Risks for PI

Scales and assessment

Aftermath and consequences

Intervention and supporting data



People in long-term nursing facilities that are above the age of 65



Choosing a Topic

Debilitating injury

Staff suggested

Older residents are at higher risk

Long term stays have higher risk

Risks

Nutritional Status

Immobilization

Pressure on bony prominences

Poor perfusion

Moisture / Dryness

Older Age

Data at the Facility



4 Pls developed in 2023



3 new ones in 2024



Many residents with high risk



Lack of procedure for highrisk scores

Identifying Causes

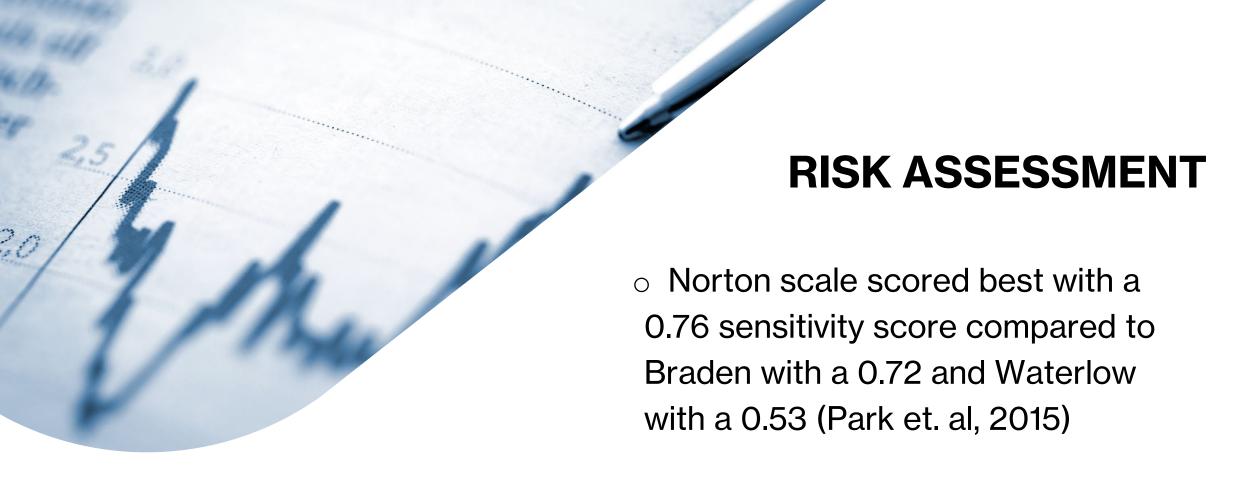
- Lack of action regarding high-risk Braden scores
- Lack of intervention after score
- Study in Italy nursing home 50% of residents who acquired pressure ulcers scored high risk in risk assessment (Elli et. al, 2022)
- 80% scored medium to high risk (Elli et. al, 2022)
- Not enough daily moisturizer use
- Lack of repositioning
- Lack of nutrition

Braden, Norton, and Waterlow Scales

Norton was most successful

Braden was second most successful

Waterlow was least effective



 Used portions of Norton to enhance the Braden Score Pain - Increased Behaviors

Infection

AFTERMATH

Sepsis – Death

Expenses – Resources

Time – Nurses and Physicians

Info Regarding Consequences

- Financial costs are staggering for facility and residents, when there is an estimated 11 billion dollars spent per year on pressure injury treatment (Park et. al, 2015)
 - Over 3 million long-term residents acquire a pressure injury per year
 (Sugathapala et. al, 2023)
- 20,300 deaths were related to pressure ulcer injuries in 2017, that number was
 13,700 in 1990 (Chung et. al, 2022)
- Pressure Injuries occur at a higher rate in nursing homes than hospitals (Sugathapala et. al, 2023)
- 72% of pressure injuries occur in older adults (Park et. al, 2016)



Skin inspection thoroughly done

REPOSITIONING



Adherence is key



Staff given education/projects and adherence increased (Dobre et. al, 2023).



Supine and Prone (Harris et. al, 2023)



Q 2 HR (Harris et. al, 2023)



Releases Pressure (If able)

Supporting Data

- The heel, sacrum, and foot are the most common reported places for pressure injuries to occur (Sugathapala et. al, 2023)
- A 27% decrease in pressure injuries when resident is repositioned every 4 hours instead of 6 hours (Harris et. al, 2023).
- There is continued benefit and results found a continued decrease in repositioning every 3 hours and 2 hours compared to 4 hours (Harris et. al, 2023)
- Many facilities in a study were found to have compliance of pressure injury prevention of 0-82% (Dobre et. al, 2023)
- Applying moisturizer twice daily to older adults in the sacral area can reduce pressure ulcer/skin tear occurrence up to 50% (Bhatt, 2023)

Barriers and Resolutions

Staffing - shortage

Resident Refusal – increase education

Possible lack of staff education

training and meetings

Citations

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