Introduction

➢ The aim of this project is to educate the nurses in this facility on the use of the care dependency scale as a risk assessment tool for residents who are at risk of developing pressure ulcers.

➢ Build upon Virginia Henderson’s Need theory.

➢ A pressure ulcer is a localized injury to the skin and/or underlying tissue usually over a bony prominence as a result of pressure, or pressure in combination with shear and/or friction.

➢ The residents in long-term facilities are mainly the elderly and a few younger residents who have long-term health problems; as a result, their stay is usually longer, if not permanent.

Research Question

The PICOT question is: in long-term care residents (P), do the knowledge and use of risk assessment tools by nurses (I) compared to lack of knowledge and use of risk assessment tools (C) help in preventing skin breakdown (O) during the residents’ stay (T)?

Purpose

➢ To educate the nurses in the selected facility on the importance of using risk assessment tools in effectively assessing residents during admission and continuously, to reduce the incidence of pressure ulcer development.

➢ Introduce and educate the nurses on the use of the care dependency scale as an assessment tool.

Evidence of Problem

➢ High incident rate of pressure ulcer development in adult nursing home residents due to lack or inadequate assessments.

➢ 48-72 hour delay in assessment after admission.

➢ At the time of this review, there are 84 residents in the facility and four pressure ulcer cases; this reflects 4.76% of the population.

➢ Failure to use a reliable risk assessment tool.

Framework Used

Virginia Henderson Need Theory

- Sociologically oriented to occupation and recreation
- Spiritual and moral
- Psychological aspects of communication and learning
- Physiological Needs

The Care Dependency Scale

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eating/Drinking</td>
<td>Ability to satisfy need for food and drink</td>
</tr>
<tr>
<td>Continence</td>
<td>Ability to voluntarily control the elimination of urine and feces</td>
</tr>
<tr>
<td>Body Posture</td>
<td>Ability to adopt a position appropriate to a certain activity</td>
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<tr>
<td>Mobility</td>
<td>Ability to move and stay unaided</td>
</tr>
<tr>
<td>Day/Night Pattern</td>
<td>Ability to maintain an appropriate daytime or night time cycle</td>
</tr>
<tr>
<td>Getting (un)dressed</td>
<td>Ability to get dressed and undressed unaided</td>
</tr>
<tr>
<td>Body temperature</td>
<td>Ability to protect the body temperature against external influencers unaided</td>
</tr>
<tr>
<td>Hygiene</td>
<td>Ability to take care of personal hygiene unaided</td>
</tr>
<tr>
<td>Communication</td>
<td>Resident’s ability to communicate</td>
</tr>
<tr>
<td>Contact with others</td>
<td>Ability to appropriately make, maintain and social contacts</td>
</tr>
<tr>
<td>Sense of rules/values</td>
<td>Ability to observe rules unaided</td>
</tr>
<tr>
<td>Daily activities</td>
<td>Ability to observe routine daily activities outside the facility unaided</td>
</tr>
<tr>
<td>Recreational activities</td>
<td>Ability to participate in activities outside the facility unaided</td>
</tr>
<tr>
<td>Learning ability</td>
<td>Ability to acquire knowledge and/or skills and/or to retain anything that was previously learned unaided</td>
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Discussion and Implementation

➢ Elaborates on the problem of pressure ulcer incidence among the elderly as it exists in this author’s practice environment.

➢ Reviews evidence to support the need to change the current practices in long-term facilities.

➢ Assessment is very important in nursing care and could be used to improve patient outcomes; more so, the assessment of residents at risk for pressure ulcers.

Methods

➢ Education and trainings sessions for registered nurses (RNs), Licensed Practical Nurses (LPNs), and Certified Nurse’s Assistants (CNAs) were conducted.

➢ Evaluation of the effectiveness of teaching the nurses by using a pre and post-test to identify what they know prior and after the training.

➢ Fourteen staff members were randomly selected from the three different shifts and were given the pre-test questionnaires (3 RNs, 6 LPNs, and 5 CNAs).

➢ Ten out of the fourteen were available for the training and post-test (2 RNs, 4 LPNs, and 4 CNAs), this is 71.4% of the sampled population.

➢ The ten staff members were provided training on the care dependency scale as a pressure ulcer risk assessment tool.

Results

➢ 20% of the nurses upgraded their level of knowledge regarding pressure ulcer assessment, prevention, and reduction from beginner level to competence level.

➢ 50% indicated from proficient to competence, and 10% from novice to expert.

➢ 70% of the sampled and trained population indicated that they would prefer to use the care dependency scale to other tools.

➢ 100% agreed or strongly agreed that a resident’s level of dependence for care affects development of pressure ulcers and that nurses play a very important role in the reduction/prevention of pressure ulcer development in residents.

Implications for Practice

➢ Further trainings and creating awareness

➢ Educate the nurses

➢ Increase nursing staff knowledge

➢ Effective use of the care dependency scale risk assessment tool to reduce the incidence of pressure ulcers

Conclusions

➢ The incidence of pressure ulcers or skin breakdown in healthcare facilities is very high and could lead to more debilitating health problems especially among the elderly.

➢ Risk assessment by nurses is important in the prevention and treatment of pressure ulcers.

➢ The elderly live with risks derived from the aging process; therefore the nurse should implement coping strategies in caring for the elderly.

➢ Nursing staff knowledge, documentation of risks, and ways to reduce or prevent the incidence of pressure ulcers is very important in patient care.

➢ Nurses should be encouraged to use a combination of clinical judgment, the information they have collected from other tools and risk assessment to develop a more focused assessment that leads to a good plan.

➢ The care dependency scale is a well-functioning tool for pressure ulcer risk detection especially in long.

➢ The primary focus of Virginia Henderson’s theory of need is for the nurse to help the patient in maintaining or creating a healthy life strategy and also to assist in the daily life activities the patient routinely would perform without assistance.

References

Available upon request

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