

# Your Skin Matters

Pressure ulcers are a significant source of morbidity and mortality in the NHS estimated to cost up to £2.1 billion every year (Bennett *et al.*, 2004).

A pressure ulcer is an area of localised damage to the skin and underlying tissue caused by pressure or shear and or a combination of these (European Pressure Ulcer Advisory Panel, 2005).

The factors causing pressure ulcers are divided into two groups (Waterlow, 2005)

**INTRINSIC** - disease, medication, malnourishment, age, dehydration/fluid status, lack of mobility, incontinence, skin condition, weight.

**EXTRINSIC** – external influences which cause skin distortion – pressure, shearing forces, friction, moisture.

Any prevention strategy must consider all these issues and influence those that may be changed. Preventing pressure ulcers is one of the chief nursing officer's high impact actions (Institute for Innovation and Improvement, 2009) and Bedford Hospital NHS Trust has committed to delivering in all of these areas.

We aim to reduce hospital-acquired pressure ulcers from the estimates of 4 to 10% from the literature (Clark, Bours and Defloor, 2004) to:

## NO AVOIDABLE PRESSURE ULCERS

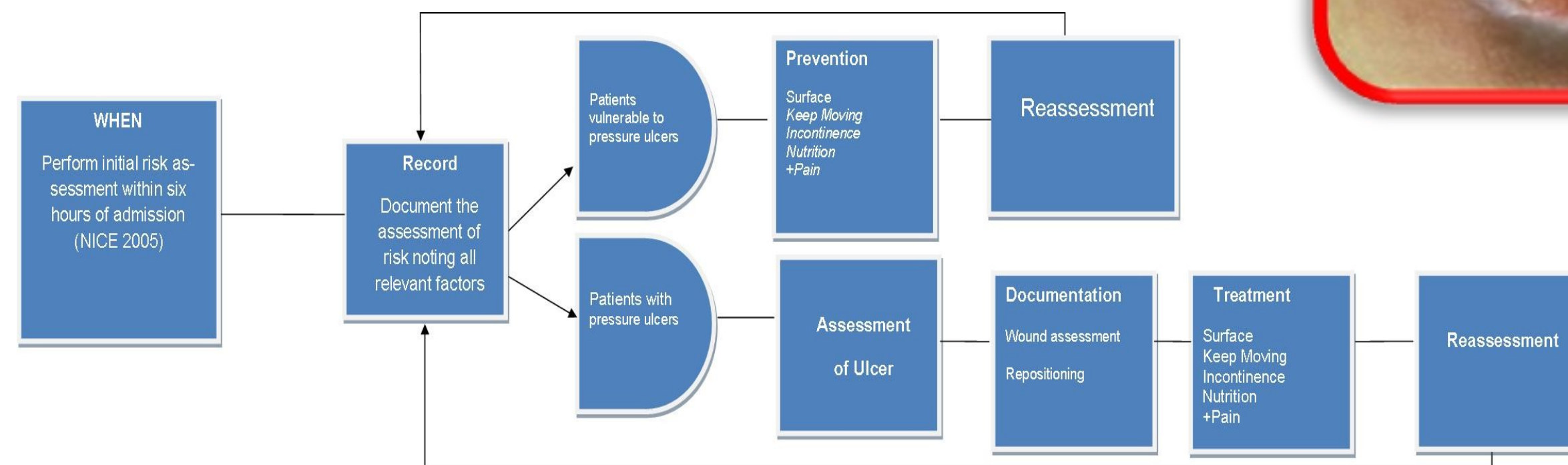
Our care bundle is based on the work developed by Abertawe Bro Morgannwg University Health Board. Building on the four skin principles we have included the pain management component in our bundle.

A care bundle is a structured way of improving the processes of care and patient outcomes. It is a small, straightforward set of evidence-based practices - generally three to five - that, when performed collectively and reliably, have been proven to improve patient outcomes (Resar *et al.*, 2005).

Our approach is focused on the prevention of all avoidable pressure ulcers. If a patient is admitted to hospital with a pressure ulcer, or develops skin damage during their stay, we aim to ease suffering and promote healing. It is our goal that all patients receive care that maintains or improves the condition of their skin and underlying tissues.

We are also spreading the work across the whole health community in partnership with the PCT and community providers.

## Management Pathway



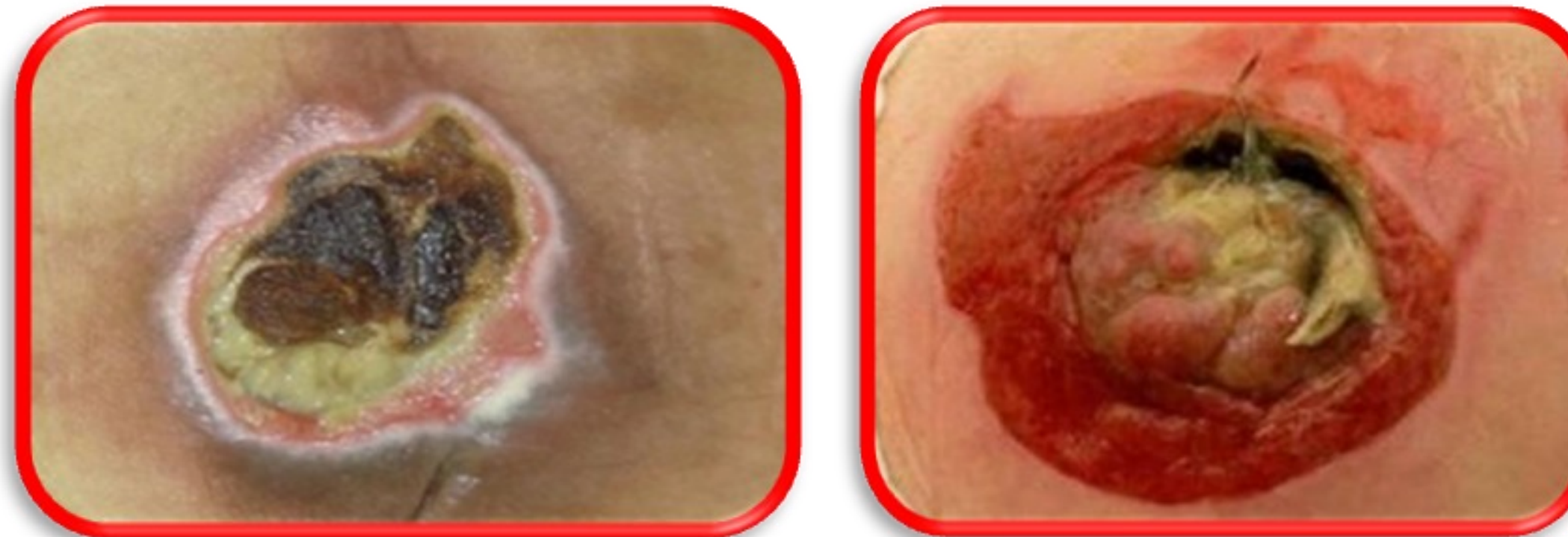
# SKIN + CARE BUNDLE

Preventing hospital-acquired avoidable pressure ulcers

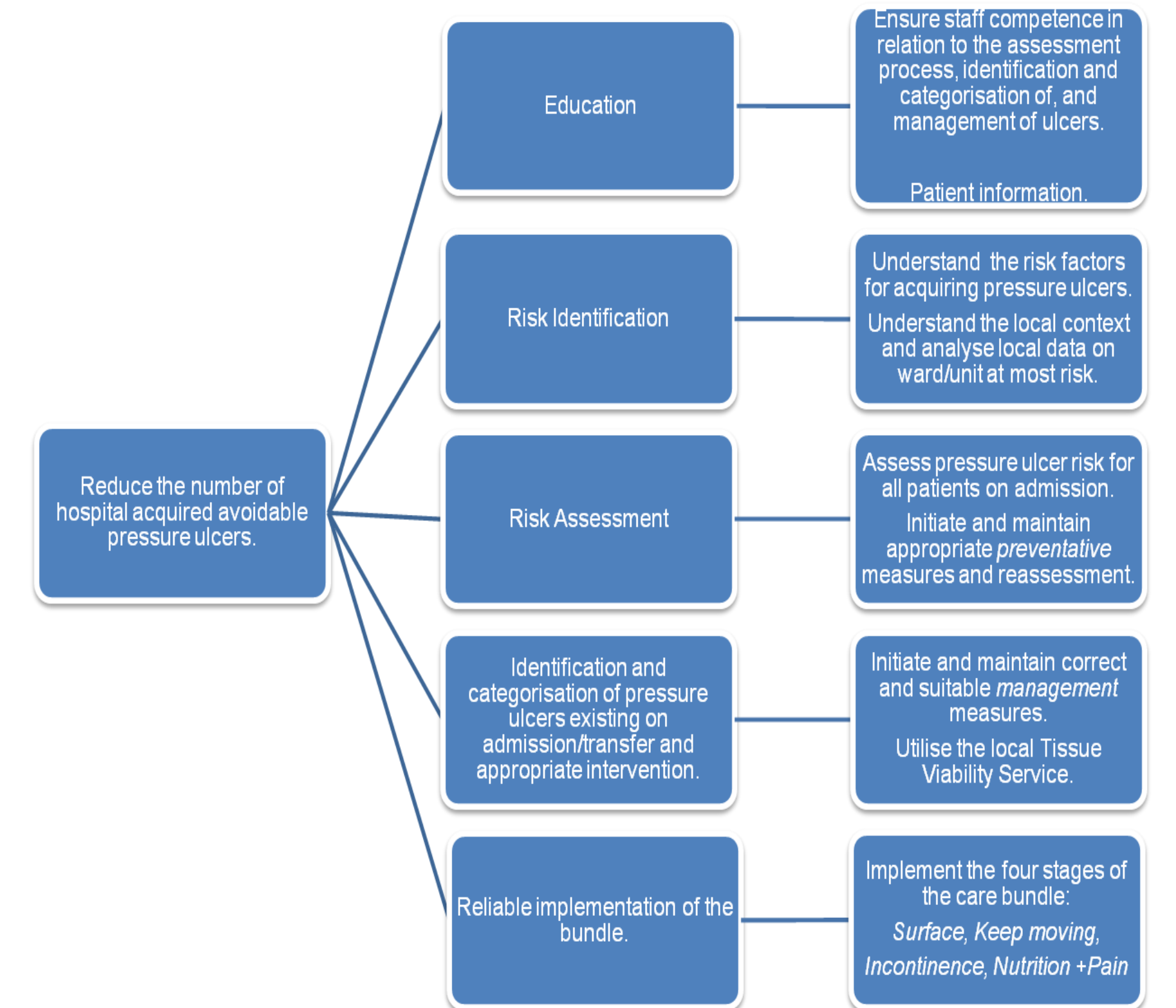
Surface  
Keep moving  
Incontinence  
Nutrition  
+Pain

### Authors

Eiri Jones, Director of Nursing and Patient Services and DIPC  
[Eiri.jones@bedfordhospital.nhs.uk](mailto:Eiri.jones@bedfordhospital.nhs.uk)  
Karen Radley, Clinical Risk and Patient Safety Manager  
[Karen.Radley@bedfordhospital.nhs.uk](mailto:Karen.Radley@bedfordhospital.nhs.uk)



## Key Drivers



In order to provide ongoing assurance that the Trust is delivering high quality, safe care with regard to pressure ulcer prevention, the success of the SKIN+ Bundle will be measured in a number of ways:

- The number of pressure ulcers every month will continue to be reported on the Trust's quality dashboard.
- As each ward or department implements the SKIN+ Bundle, they will measure the following metrics as part of the Productive Ward work stream:
  - Number of days since the last hospital acquired avoidable pressure ulcer
  - Compliance with the SKIN+ Bundle
  - Audit of training compliance
  - A root cause analysis has been undertaken for all category three and four pressure ulcers.

A PDSA approach has been applied for a three-month trial period on five pilot wards, the bundle is now being rolled out trust-wide.

It is proposed that the SKIN+ Bundle is then disseminated throughout the local health economy through the countywide pressure ulcer working group.

The bundle is being developed as an electronic toolkit which will be readily available on all clinical workstations.

