

International Day STOP Pressure Ulcers at University Hospital Pilsen

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Abstract

Despite significant international efforts to reduce the incidence of pressure ulcers, is this complication still a major nursing problem in health care setting. This problem affects individuals of all age groups, but the most affected are people of senior age and patient in ICU setting. In addition to the hospital environment, pressure ulcers also occur in social service facilities and in home care.

Keywords: Pressure Ulcers, University Hospital Pilsen, Worldwide STOP Pressure

Introduction

Despite significant international efforts to reduce the incidence of pressure ulcers, is this complication still a major nursing problem in health care setting. This problem affects individuals of all age groups, but the most affected are people of senior age and patient in ICU setting. In addition to the hospital environment, pressure ulcers also occur in social service facilities and in home care. Therefore, the problem of pressure ulcers is a topic that needs to be constantly addressed and focused on systematic education not only of nursing staff, but also of patients and their family members [1, 2].

Background

Pressure ulcers are defects of the skin and subcutaneous structures that arise as a result of pressure and other undesirable factors. The extent of tissue damage is determined by the interaction of the intensity of pressure, the duration of pressure due to patient immobility and the effects of the external environment like moisture, urine and feces, etc. Very important condition for pressure ulcers development is general condition of the patient and the presence of comorbidities. The development of pressure ulcers will also be supported by incorrect handling of the lying patient due to friction and shearing forces². The occurrence of pressure ulcers is associated with significant pain in the affected part of the body and the associated reduction in the quality of life of affected patients. One of the most serious complications as-

sociated with bedsores are infectious complications, which can have fatal consequences for the patient.

For appropriate treatment is essential to differentiate them from damage of the skin due to moisture for example incontinence dermatitis, identify the correct degree of disability and set the right treatment strategy. However, the most important part remains the prevention of the occurrence and development of bed sores, where the main role is played by well-educated and motivated nursing staff. Among the essential nursing interventions in the field of prevention and treatment of pressure ulcers are monitoring of risk factors of pressure ulcers development, patient and home caregivers education, appropriate nutrition state, adequate hydration and using of appropriate equipment for patient positioning. All this strategies lead to reduction of pressure ulcers development, decrease the costs of the healthcare system and and reducing patient suffering.

Objectives

Worldwide STOP Pressure Ulcers day started in 2012 following a meeting of Spanish-speaking wound care organisations who agreed and signed the Declaration of Rio. This initiative aims to increase awareness of pressure injuries amongst the public, medical professionals and politicians. The European Pressure Ulcer Advisory Panel (EPUAP), acknowledging and applauding this work, joined and encouraged countries internationally to participate. For more details please visit www.epuap.org.

Stop Pressure Ulcers day takes place globally every year, every third Thursday of November and all activities are held under the auspices of the European Advisory Panel for the Prevention and Treatment of Pressure Ulcers (EPUAP). The mission of this day is dedicated to raising awareness and disseminating knowledge about the issue of bedsores. For more details please visit <https://epuap.org/stop-pressure-ulcers/>

The expert group for the prevention and treatment of pressure ulcers, which operates at University Hospital Pilsen, joined this call in 2013, when it organised the first expert symposium devoted to this extensive issue and continues this initiative up to this day. As part of this initiative, an expert team of specialized wound care nurses working at University Hospital Pilsen (Fig. 1) prepares an annual Stop Pressure Ulcers Symposium, which includes expert lectures and case reports related to the prevention and treatment of pressure ulcers.



Figure: 1

In recent years, the symposium has also included professional workshops, where novelties in the field of modern therapeutic materials and other aids intended for the treatment of pressure ulcers are presented. An important part of the activities related to Stop Pressure Ulcers day is organizing educational events and

creating materials for the general public 3 (Fig. 2). At the same time, within the University Hospital Pilsen, we participate in the education of our future colleagues studying at the University of West Bohemia, Faculty of Health Studies.



Figure: 2

We also participate in all activities organized by the Ministry of Health of the Czech Republic, which, under the leadership of the Chief Nurse of the Czech Republic, regularly organizes The Round Table on Pressure Ulcers Issues 4 For more details please visit Kulatý stůl na téma: Systém prevence, sledování a léčby dekubitů v ČR – 16. 11. 2022 – Ministerstvo zdravotnictví (gov. cz) Recommendations from these meetings are subsequently implemented into the clinical practice.

The Ministry of Health is also the main guarantor of the portal www.dekubity.eu (Fig. 3), which provides the key information for professionals and general public. The aim of this portal is to provide relevant and up-to-date information on pressure ulcers, their prevention and treatment in one place. We also participate on development and ongoing maintenance of this portal.

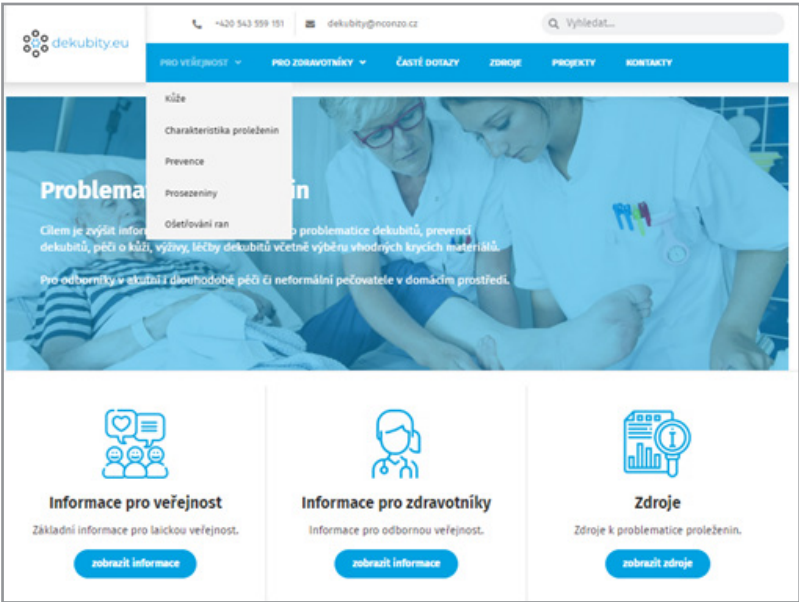


Figure: 3

Results

The result of all these activities is a continuous increase in the percentage of highly educated nursing staff at University Hospital Pilsen and systematic and targeted education of medical school students. The aim of these activities is to continuously reduce the incidence of pressure ulcers not only in University Hospital Pilsen but also in the entire Czech Republic. In the period 2018-2024, 280 general nurses from University Hospital Pilsen took part in the Symposium Stop Pressure Ulcers (see table 1). Another 450 general nurses participated in further educational activities focused on this area. Other activities, such as the chat and discussion forum for experts in chronic wound care on the

hospital intranet, were also very positively received. Productions of promotional materials and educational videos targeting outpatients continues, too. Available from: <https://www.fnplzen.cz/ostatni/podpora-zdravi/dekubity-prolezeniny>

Thanks to the possibilities that these activities in the field of prevention and treatment of pressure ulcers bring us, University Hospital Pilsen has a high number of specialist nurses, who are necessary for ensuring quality nursing care for our patients. At the same time, we have expanded a large base of trained nurses in home care agencies or nursing institutions.

Table 1

ACTIVITIES	PARTICIPANTS	NUMBER OF PARTITIPANTS FROM 2018	FREQUENCY
Conferences and Courses	Nurses and Students	210	1 – 2 per year
STOP PU Day	Nurses and Non-professionals	280	1 per year
Workshops	Ward Nurses	240	8 per year

Conclusion

Despite the fact that a lot of attention is paid to the issue of pressure ulcers at various levels, it is essential to continue these activities. It is also necessary for every healthcare facility to regularly update its nursing procedures, actively search for examples of good practise and follow the EPUAP recommendations. Im-

plementation of these recommendations, including regular internal audits of the quality of care provided in the area of pressure ulcer prevention and education of the professional and general public is an essential mechanism leading to the reduction in the number of pressure ulcers cases.

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