

# stuf™

The Vital Information You Need, At Your Fingertips

# Database



## Creating A Wound Care Program Databank

Making sure you have the right Stuf, whenever you need it, wherever you go.™

## The Announcement That Started It All

Last year, the Centers for Medicare and Medicaid Services announced that it will stop reimbursing hospitals for treating eight reasonably preventable conditions - including pressure ulcers - in October 2008. That simple announcement has put hospitals across America into a state of anxiety and with good reason. Up until now, the majority of hospitals focus on the treatment of pressure ulcers and the extreme pain and life-threatening infections that follow, rather than preventing them.

Which is understandable, since the number of hospital patients who develop pressure sores has risen by 63% over the last 10 years and nearly 60,000 deaths occur annually from hospital-acquired pressure sores.

But that's not the only toll. According to the Agency for Healthcare Research and Quality, the average stay for patients admitted to the hospital for treatment of hospital-acquired pressure sores was 13 days, with an average cost of \$37,500 dollars per stay.

Unless hospitals can afford to continue simply treating pressure sores as they occur without Medicare to subsidize their costs, something must be done. Pressure sores can initially develop when the blood supply to a patient's skin is cut off for more than two or three hours, or is aggravated by constant pressure on the skin and tissues.

When a patient is immobile or has difficulty moving after surgery or procedures, even the slightest friction burns created by bed sheets, wheelchairs or other surfaces can quickly turn into pressure ulcers.

One problem, is that pressure ulcers can initially be hard to identify, sometimes looking like nothing more than a pink or red spot on hard to see areas like skin folds or bony protrusions.



And when they do occur, complications such as bone, blood, and skin infections, can quickly develop. Not only do patients suffer; but so do hospitals - treating pressure sores often costs more financially and in personnel hours than the measures that could have prevented them. That doesn't even take into account the cost of litigation hospitals and care facilities can face, for putting their patients at risk when pressure ulcers develop.

So what can we do? We need to put proactive medicine to work by transforming our basic pressure sore protocols into pressure ulcer prevention programs.

I know what you're going to say. Your facility already has a program in place to identify patients who are at risk to develop pressure ulcers. Maybe you even have a wound management professional to treat patients and instruct your staff on proper procedures. But as hospitals across the country have seen, if pressure ulcers are still occurring, following basic protocols may not be the answer.



For example, Thibodaux Regional Medical Center in Louisiana already had a better than average pressure ulcer rate. But when their quality improvement data detected an increase in the ulcer rate in late 2003, they decided to launch a Six Sigma project to address the issues. After examining the data, they were surprised at the outcome. First they determined that the tools they had been using to analyze their care were unreliable. Second, some preventative measures they relied upon, like using a specific type of patient bed, wasn't having as much of a positive effect of patient outcomes as small improvements had.

For example, the way smaller tasks were performed on the nursing floor. The recommended changes that came out of the project included simple shifts in procedure including reorganization of wound care products on nursing units and creating task lists for CNAs.

Additional solutions included:

- ➔ Posting a turning schedule in patient rooms to identify need and document results of Q2H turning of patient.
- ➔ Unit educators to address skin issues during annual competency testing
- ➔ Reporting on patient skin issues during shift changes

The result? A sixty percent reduction in the overall nosocomial pressure ulcer rate, with an annual cost avoidance of about \$300,000.

The best way to create and implement a new pressure ulcer prevention program is to model the successful programs instituted by other hospitals, and recreate that success in your own facility.

That's why our organization has created this databank of information on pressure ulcers, causes, treatments, successful prevention programs, six sigma projects and even products other facilities and patients have found helpful. It's a great place to start.

So how does your facility rate? Can your patient's pressure ulcer rate be improved? Now is the best time to find out. With a little analysis, research and a good deal of planning and implementation, you can face October 2008 ready and able to give your patients the best skin care available. And that is what good medicine is all about!

### **Why We Created This Databank**

Two words – you're busy. Medical professionals are among the busiest people in the world. And as important as regulation is – and in this case as important as the reason behind the regulation is, you don't always have the time or resources to find the information you need to create a hospital wide wound care program.

You don't have time to:

- Locate information on pressure sores, staging and treatment
- Discover the latest in cutting edge treatment and prevention
- Figure out what other facilities are doing and whether their protocols and programs would work for you.

### **So we did the work for you.**

We've found the best of the best and have given you links to all the information you'll need to create a program that works for your facility.

Whether you work for a small community hospitals or a multi-facility hospital chains, in these pages you will find links to information ranging from the basics of pressure ulcer care to protocols and six sigma training materials. You can even check out what other facilities have done to prepare their teams for the October 2008 CMS deadline.

To use the database, simply click on each title to reach the document or information cited.

Ready? Let's get started!

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Published By

**The Next of Kin Education Project**  
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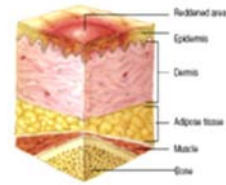
## Definitions, Signs & Symptoms

- ➔ [Bed Sores - New York Presbyterian](#)
- ➔ [Bed Sores - University of Maryland Medical Center](#)
- ➔ [Bed Sores The Basics](#)
- ➔ [Bedsore - DermNet NZ](#)
- ➔ [Bedsore - Harvard Health Publications](#)
- ➔ [Bedsore - Health Orchid](#)
- ➔ [Decubitus Ulcers - Aetna InteliHealth](#)
- ➔ [Decubitus Ulcers - MayoClinic](#)
- ➔ [Decubitus Ulcer - Visual Dx Health](#)
- ➔ [Decubitus Ulcers - emedicine](#)
- ➔ [Pressure Sores - Healthwise](#)
- ➔ [Pressure Sores - PeaceHealth](#)
- ➔ [Pressure Sores - The Merck Manual](#)
- ➔ [Skin Breakdown - Preferred Healthcare](#)

## Pressure Ulcer Staging Guide

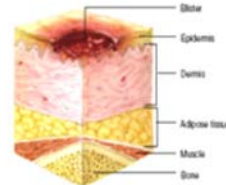
### STAGE I

Intact skin with non-blanchable redness of a localized area usually over a bony prominence. Darkly pigmented skin may not have visible blanching; its color may differ from the surrounding area. This area may be painful, firm, soft, warmer, or cooler as compared to adjacent tissue. Stage I may be difficult to detect in individuals with dark skin tones. May indicate "at risk" persons (a heralding sign of risk).



### STAGE II

Partial thickness loss of dermis presenting as a shallow open ulcer with a red pink wound bed, without slough. May also present as an intact or open/ruptured serum-filled blister. Presents as a shiny or dry shallow ulcer without slough or bruising (bruising indicates suspected deep tissue injury). This stage should not be used to describe skin tears, tape burns, perineal dermatitis, maceration, or excoriation.

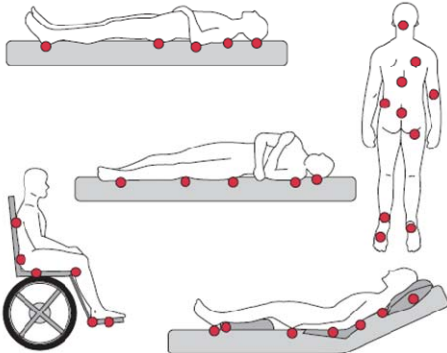


## Risk Factors , Evaluation & Diagnosis

- ➔ [Pressure Sore Risk Factors – Mayo Clinic](#)
- ➔ [Evaluation of the risk for pressure ulcers](#)
  - ➔ [National Pressure Ulcer Advisory Panel – Educational Materials on Staging, Evaluation and Treatment](#)
- ➔ [Pressure Sore Exam and Tests – Skin and wound culture](#)
  - ➔ [Pressure Sore Exam and Tests – Skin Biopsy](#)
- ➔ [Pressure Sore Screening and diagnosis – MayoClinic](#)

## Pressure Points

Red circles indicate pressure points.



### Remember:

- Find out who's at risk
- Help patient eat right and drink fluids

## Staging

- ➔ Updated Pressure Sore Staging from the National Pressure Ulcer Advisory Panel
- ➔ Bed Sores Wounds - Pictures of decubitus ulcer stages
- ➔ Evidence Corner: Pressure Ulcer Risk Scales
- ➔ Implementation Guide: Reducing High Risk Pressure Ulcers
- ➔ Pressure Ulcer Staging Guide (full color staging card)
- ➔ Pressure Ulcer Measuring Pocket Guides and Staging Guides

## Treating Pressure Ulcers

- ➔ Advanced Wound Management: Advanced Medical Technology Assn.
- ➔ Bedsores (pressure sores) Treatment – MayoClinic
  - ➔ Debridement – HealthAtoZ
- ➔ Decubitus ulcer: antibiotic therapy recommendations – The Clinician's Ultimate Reference
  - ➔ Essentials of Wound and Burn Care – Infection Control Today
- ➔ Evaluating the Efficacy of a Uniquely Delivered Skin Protectant and Its Effect on the Formation of Sacral/Buttock Pressure Ulcers – Ostomy Wound Management
- ➔ Evidence Corner: Radiant Heat Therapy and Chronic Wound Healing - Medscape Today
- ➔ Medical Maggots for Maggot Therapy Would Care Treatment - Monarch Labs
- ➔ The Effective Management of Pressure Ulcers - Advances in Skin & Wound Care: The Journal for Prevention and Healing
  - ➔ Treatment of Pressure Ulcers – Hopkins Medicine

## Hospital Protocols

- Eliminating Facility-Acquired Pressure Ulcers at Ascension Health – JCAHO
- Hospital Acquired Pressure Ulcers – The Rhode Island Hospital Experience
- Journal of Evaluation in Clinical Practice
- New Interventions in Pressure Ulcer Treatment: Regenerative Skin Healing
- Pressure Ulcer Protocol Prevention and Treatment
- Pressure Ulcers: Clinical Features and Management
- Skin Assessment and Pressure Ulcer Care in Hospital-based Skilled Nursing Facilities – Ostomy Wound Management
- Cambridge Health Alliance Pressure Ulcer Prevention Treatment Order Sheet



## Six Sigma Based Protocols

- Six sigma based Pressure ulcer outcome study at OSF St. Francis Medical Center
- Hospital-Acquired Pressure Ulcers: A six sigma approach
- The Quality Improvement Toolkit \$149.99
- Using Six Sigma to Reduce Pressure Ulcers at a Hospital
- Institute for Healthcare Improvement Relieve the Pressure and Reduce Harm
- Using Six Sigma to Reduce Pressure Ulcers at Thibodaux Regional Medical Center
- Recognizing the Potential of Six Sigma in a Clinical Setting: Valley Baptist Hospital
- Save our skin: Initiative cuts pressure ulcer incidence in half
- Development of Unit Based Skin Champions to Decrease Hospital Acquired Pressure Ulcers

## Pressure Ulcer Prevention

- **Intraoperatively Acquired Pressure Ulcers: Are There Common Risk Factors? – Ostomy Wound Management**
- **Pressure Ulcer Prevention Points - National Pressure Ulcer Advisory Panel**
- **Pressure Sore Prevention & Management – Dermatology and Skin Care Medi-Smart**
- **Preventing and Treating Pressure Sores - About.com: Alzheimer's Disease**
- **Pressure Sore Treatment in Bed bound and Compromised Patients - Body Blockers**
- **Bedsore (pressure sores) Prevention – MayoClinic**
- **Pressure Ulcer Prevention Methods**
- **Preventing Bed Sores - Mills-Peninsula Health Services**
- **Prevention of Pressure Ulcers in Older Patients**
- **The Power of Prevention – Rehab Management**
- **Prevention and treatment of pressure ulcers: What works? What doesn't?**
- **Infection Prevention and Control in the Long-Term-Care Facility – SHEA/APIC Position Paper**
- **Prevention of pressure ulcers**
- **Getting Started Kit: Prevent Pressure Ulcers**
- **Pressure Sore Prevention & Management – Dermatology and Skin Care Medi-Smart**
- **Protein provides 96% Improvement in Pressure Ulcers**



## The Cost: Risk Management Protocols

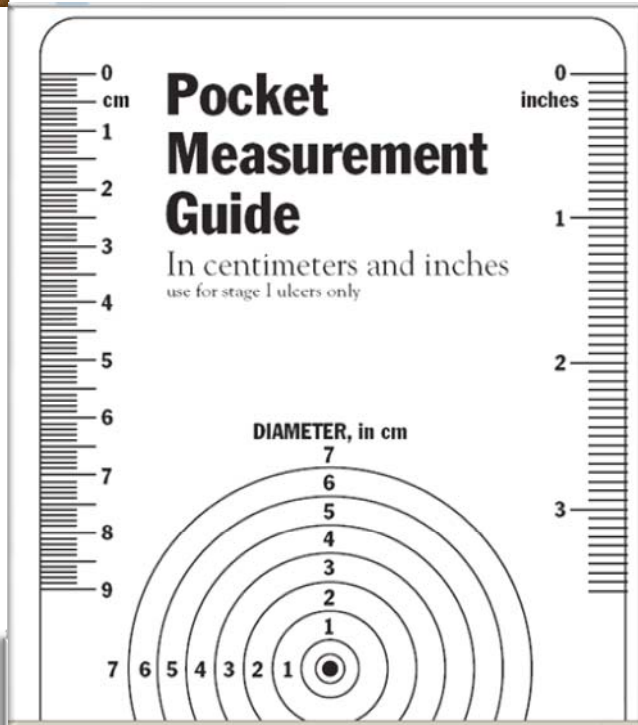
- ➔ Pressure ulcer risk assessment and prevention – National Guideline Clearinghouse
- ➔ Assessment and management of stage I to IV pressure ulcers
- ➔ The use of pressure-relieving devices for the prevention of pressure ulcers in primary and secondary care
- ➔ The Cost of Healing Pressure Ulcers Across Multiple Health Care Settings
- ➔ Advanced Wound Management: Healing and Restoring Lives – AdvaMed
- ➔ A pressure ulcer audit and feedback project across multi-hospital settings in the Netherlands – International Journal for Quality in Health Care
- ➔ Assessment of the cost of Pressure Sores Treatment

## Complications Resulting From Other Medical Conditions

- ➔ Diabetes and Wounds: Caring for Sores – WebMD
- ➔ Inner City Clinic Improves Diabetic Care
- ➔ Limb Salvage Teams, Key to Saving Diabetic Feet – MSNBC
- ➔ Spinal cord injury patients often succumb to bed sores
- ➔ Treatment precautions for paraplegic and quadriplegic patients with sacral decubitus ulcers
- ➔ Preventing and Treating Pressure Ulcers in People with Amyotrophic Lateral Sclerosis
- ➔ Autonomic Dysreflexia/High Blood Pressure (Pressure sores can trigger) – Healthwise

## Complications & Long Term Outcomes

- ➔ Complications of Pressure Sores – Healthwise
- ➔ Pressure Sore Complications – Mayo Clinic
- ➔ Long-Term Outcomes of Full-Thickness Pressure Ulcers: Healing and Mortality – Ostomy Wound Management



### Tool Kits and Software

- Wound Expert, Wound management software
- Pixalere Wound Management Solution
- Pressure Ulcers Tool Kit for Implementation of the Clinical Practice Guidelines \$249.99
- Pressure Ulcers: Guidelines for Prevention, Assessment, and Treatment video with instructor's guide \$199.99
- Minnesota Hospital Association SAFE SKIN Pressure Ulcer Toolkit (Can Download Entire Program)
- MedQIC Pressure Ulcer Tracking Tools and Data Tracking Tools (Download towards bottom of page)
  - Stratis Health Pressure Ulcer Quality Resources Kit
  - Stratis Health "Meet Me at the Skin Care Fair" training module
  - Stratis Health Meet Me at the Skin Care Fair User Guide

## Products Used to Manage and Treat Pressure Ulcers

- ➔ Air Express 10" Alternating Pressure Mattress for Stage I-IV Pressure Sores
- ➔ Bandages Plus Wound Care Products Web Site
- ➔ Body Blockers
- ➔ Convatec DuoDERM Sterile Hydroactive Dressing
- ➔ Decubitus Pad - Bed Sore Prevention
- ➔ Dermagran Ointment Tube for Stage 1 and Stage 2 Pressure Sores (Skin and Wound Care System)
- ➔ Drive Med Aire Plus Bariatric Alternating Pressure Mattress System - Bed and Relaxation
- ➔ Evermed Alternating Pressure Mattress
- ➔ Hospital Bed Mattresses – Medical Supplies & Equipment Company
- ➔ Johnson & Johnson Adaptic Non-Adhering Dressings
- ➔ Kinetic Concepts Inc. advanced wound care, negative pressure wound therapy (NPWT) and Therapeutic Support Systems
- ➔ Kiwi Sheepskins
- ➔ Life Wave Bed Sore Treatment
- ➔ Memory Foam Can Help Prevent & Eliminate Bedsores – Dormia Mattresses
- ➔ Pressure Care Products - The Shear Comfort Store: Canada
- ➔ Pressure Relief Recliner 550 Air Chair w/ Controller
- ➔ Pressure Sore/Ulcer Measuring Guide
- ➔ Pressure ulcer prevention and treatment: the Transair range Products
- ➔ Sheepskins
- ➔ Spenco® Silicore® Full Wheelchair
- ➔ Tempur-Pedic Medical, Comfort, Pressure, Pain Management
- ➔ Tetrasil
- ➔ Triderma MD® Pressure Sore Relief
- ➔ Turn Assure
- ➔ TurnWedge
- ➔ Val Med Convoluted Foam Mattress Overlay Skin Care Skin Pressure Protection
- ➔ Waterbed
- ➔ Wheelchair Seat Cushions - Sacro Ease Wheelchair Seat Cushions

## News Links

- **Bed sores aren't always a sign of negligent care - boston.com News**
- **More research needed into bedsore prevention - iVillage Total Health**
- **Avoiding Pressure Sores: How to Manage Your Health Abroad – miusa Mobility International USA**
- **Hospitals Combat Dangerous Bedsores**
- **CMS to Stop Reimbursement for Hospital Acquired Pressure Ulcers**



- **KCI Delivers Pressure Ulcer Prevention Program to Help Hospitals Comply With New Medicare Ruling**
- **Hospitals No Longer To Be Reimbursed For Preventable Medical Mistakes - San Diego Business Journal Staff**
- **Internist Exposes Real Threat to the Handicapped and Immobilized - Bed Sores**
- **More Hospital Patients Have Pressure Sores – About.com: Senior Health**
- **U.S. Hospital Errors Continue to Rise Apr 07 – HealthDay**


### **Associations and Organizations**

- National Pressure Ulcer Advisory Panel
- American Academy of Wound Management
- Wound Ostomy and Continence Nurses Society
- National Decubitus Foundation
- The Safer Patients Program from “Life Wings” Saving Lives and Reducing Costs with Proven Aviation Safety Tools
- Patient Safety Websites

### **Information for Patients**

- Pressure Sores Home Treatment/Prevention Healthwise
- Pressure Sores Treatment Overview – Healthwise
- Treating Pressure Sores - Agency for Healthcare Research and Quality
  - What is a Pressure Sore?
  - Purpose of Guide
  - Treatment
  - Helping Pressure Sores Heal
  - Pain and Infection
  - Checking Your Progress
  - Care of Healthy Skin
  - Additional Resources
- Pressure Ulcer Diagnosis and Treatment - iVillage Total Health

# The Answer Series™ by nokep.org

Because Life doesn't come with a  Pause Button

## Workbooks & Action Plans

How do I keep my Family safe in a sudden emergency? How do I protect my College Student when she's away from home? How can I make sure my Patient's loved ones arrive when they're needed most? How do I keep all my things safe during a disaster? There's a storm coming and I have to evacuate – what should I do?



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If a hurricane, earthquake, or tornado struck right now, would you be ready? If you're like most people, the answer is NO! "Don't Lose Your Stuff In A Hurricane" is a step by step plan that shows you how to gather and secure all your vital information, the people and the things you love and keep them safe in a major emergency or and natural disaster. It **includes action plans, checklists, Grab It & Go Forms & Wallet Cards for each member of the family.** "Don't Lose All Your Stuff In A Hurricane" is quick, easy and will have you up and running in one afternoon. Available in:

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"Ready In 10" picks up where our first book, "Don't Lose All Your Stuff in A Hurricane!" left off. The Hurricane book shows you **why** your family needs to be prepared and gives you the **resources** to get started. "Ready In 10" tells you **how to do it.** With this workbook, you'll receive all the action plans, checklists, Grab It & Go Forms & Wallet Cards you need to be **ready to deal with any disaster or emergency in 10 minutes or less.** Available in:

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Most parents assume college is just an offshoot of high school. They think the moment their college student so much as trips and breaks a wrist he'll be whisked off to the office, where his emergency medical card will be pulled from the file, and will accompany him, to the nearest emergency room for immediate treatment. Unfortunately nothing could be further than the truth. With "Don't Lose All Your Stuff At College", you'll learn what your college student needs to stay safe in nearly any situation. You'll also receive **comprehensive Grab it and Go Forms to capture your student's vital documents, medical background, emergency contacts and full dorm inventory, emergency contacts** – all the vital information she could ever need right at her or her fingertips, 24/7. It's quick, it's easy and you can be up and running in one afternoon! Available in:

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Ready to kick you and your family's, college student's or patient's safety up a notch? Check out the Answer Series, where you'll find workbooks and full action plans like "Don't Lose All Your Stuff in a Hurricane!" They're available in a spiral bound workbook, on CD or for a limited time, you can download a free eWorkbook from our website.



## FREE DOWNLOADABLE GUIDES

Be sure to grab your free downloads for information on surviving hurricanes, tornadoes, earthquakes, floods, dorm checklists and other disasters. And for those health care workers out there, you'll also find books like the Seven Steps to Successful NOK notification.



## ARTICLES

Here you'll find articles on subjects including: Keeping your Family and College Student safe in nearly any situation, Patient Safety, Enhancing Communication and Quick & Easy Next of Kin Notification



## VIDEOS

Here you'll find videos on subjects including Hurricane, Tornado and Evacuation planning and preparation and Leeza Gibbons speaking on behalf of our Next of Kin Law.



## BLOGS

[Family Safety Blog](#)

[College Student Safety Blog](#)

[Notification/Patient Safety Blog](#)



## MEDIA

Here you'll find media coverage on The Next of Kin Education Project, Stuf & our legislative efforts including the Next of Kin Laws



## Ready In 10

Introducing Ready In 10! How would you like to be ready for any kind of emergency, disaster or evacuation in 10 minutes or less? No sweat. Watch our website for details on our newest Workbook & Action Program – Ready In 10!