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Pressure Ulcers Prevention Learning Session 2

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What is the purpose of the

SSKIN BUNDLE

- *Initially an American healthcare initiative*
- *Tool to define & tie best practice together*
- *Makes the process of preventing pressure ulcers visible to all*
- *The aim is to minimise variation in care & improve the pressure area care that a patient receives*
- *This will impact on improving care outcomes – an additional S was added (skin inspection)*
- *Audit to determine the same*



What is the purpose of the ***SSKIN BUNDLE***

Surface

Skin Inspection

Keep Moving

Incontinence

Nutrition



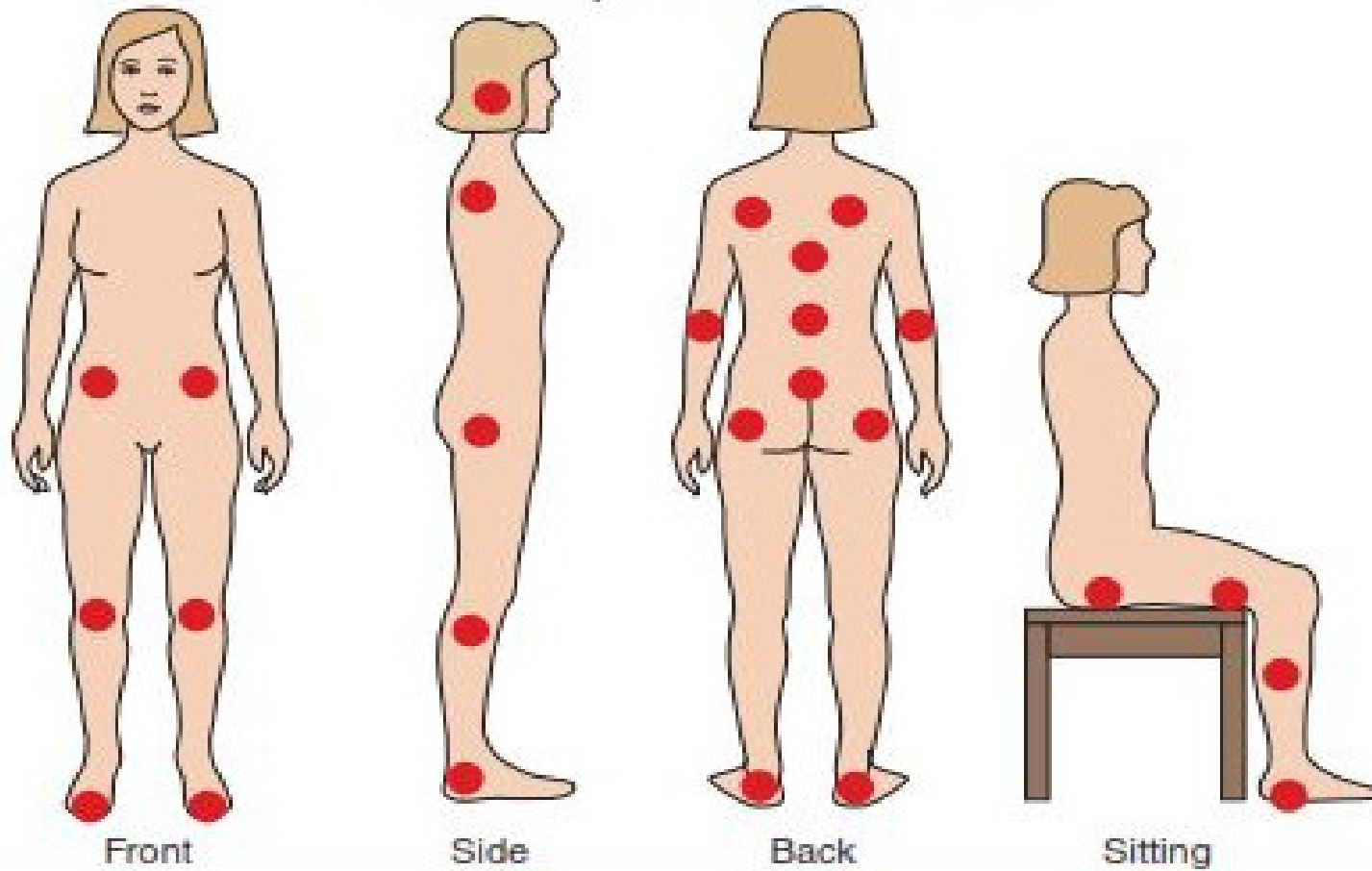
SSKIN BUNDLE-

S-Skin Assessment

- *Check skin when giving personal care*
- *If patient is complaining of discomfort check areas of pressure damage*
- ***React to RED*** – *check for blanching*
- *Document if skin is at risk such as very dry or over moist*



Areas Susceptible to Pressure Sores



SSKIN BUNDLE- ***S-Skin Assessment***

- *What skin regime are they currently present?*
- *Can patient check and maintain their own skin health?*
- *Have they got carers to help them with personal care*



SSKIN BUNDLE-

S-Surface

- *Check what mattress and cushions they are using*
- *Is it the correct surface level of risk?*
- *Check that mattresses and cushions are correctly installed and working-plugged in, pumped up, foams, integrity*
- *What is the patient laying on-pads, incontinence sheets procedure sheets ?*
- *Sheets –are they wrinkle free?*
- *Do they need their surface upgrading or replacing?*



SSKIN BUNDLE- ***K-Keep moving***

- *Can they move*
- *Are they motivated to move*
- *Do they need prompting*
- *Do they need assistance to move*



SSKIN BUNDLE- ***K-Keep moving***

- *Is there anything we can do to make them more dependent*
- *Do they need referral to OT/Physiotherapy (passive exercises-adaptations /equipment)*
- *Do they need a turning regime or a positioning plan?*
- *Has the patient been educated to move ,
change position*



SSKIN BUNDLE-

I-Incontinence

- *What is their toilet regime?*
- *Function-can they get to the toilet?*
- *Have they been incontinent?*
- *Urine or faeces or both?*
- *Are they wearing pads-are they fitted correctly, how often are they changed?*
- *Do they need a continence assessment?*



SSKIN BUNDLE-

I-Incontinence

- *What is their skin regime?*
- *What are they washing with?*
- *Do they need emollients?*
- *Skin barriers?*
- *Soap substitutes?*
- *Any problems with moisture
–moisture lesions?*



SSKIN BUNDLE-

N-Nutrition

- *MUST has it been done, when was it done, is it up to date?*
- *Is the patient at risk ?*
- *What is the action plan/care plan?*
- *Has the plan been followed?*
- *If not-why not?*
- *What are they eating & drinking-does the patient know what a good diet is?*



SSKIN BUNDLE-

N-Nutrition

- *Do they need a fluid chart?*
- *Do they need a food chart?*
- *Can they fill in their own chart or can a carer assist?*
- *Do they need a high calorie/high protein diet (do they have any renal problems)*
- *Do they need referring?*

