

Preventing the Risk of Harm from Pressure Ulcers: The aSSKINg Care Bundle

What is a Care Bundle?

- A care bundle is a collection of interventions that may be applied to the management of a particular condition.
- Elements of a care bundle are based on research and clinical evidence.
- The use of a care bundle can increase patient safety and satisfaction, and build staff confidence in that particular area of care.

Pressure ulcers can be due to many, often combined, factors. As such, interventions to reduce harm from pressure ulcers need to have many elements. In routine clinical practice, these elements may not always all be done in the same way, making patient care vary. A care bundle ties the different care elements together into a cohesive unit.

What is the aSSKINg Care Bundle?

The aSSKINg care bundle is a tool to guide and document pressure ulcer prevention and management, and is aimed at reducing the risk of patient harm which is often preventable. It is an evidence-based approach that can be adopted across a range of care settings.

The original five-step SSKIN care bundle has been widely used in clinical practice for many years. In 2018, the NHS Improvement Pressure Ulcer Core Curriculum introduced two important additional elements, adding to the existing 5-step SSKIN care bundle with the letters: 'a' for assess risk and 'g' for give information.

The aSSKINg acronym helps you remember the elements of the bundle:



a ssess risk

S kin assessment & skin care

S urface selection

K eep moving

I ncontinence assessment & care

N utrition

g ive information



Where can I get more info?

For more information on Quality Improvement approaches to enable you and your team to implement the aSSKINg Care Bundle, contact the QPS Improvement team in the National QPS Directorate at QPS.Improvement@hse.ie

