



Comprehensive Care

Think about the link

Reducing pressure injuries

About pressure injuries

- In the majority of cases pressure injuries are totally preventable
- On average 25 patients a month develop a hospital acquired pressure injury at Western Health
- Pressure injuries can significantly increase length of stay and cost of care, and adversely impact on health outcomes and the comfort and quality of life of our patients
- Patients with, or at risk of pressure injuries should be provided with information and involved in their pressure injury plan of care
- Think about the link – the risk of pressure injuries is influenced by nutritional status, use of restraints, continence and mobility



How can I provide Comprehensive Care to reduce pressure injuries?

- Recognise the risk factors which include:
 - Immobility
 - Diabetes
 - Lack of sensory perception
 - Poor nutrition or hydration
 - Excess moisture or dryness
 - Poor skin integrity
 - Reduced blood flow
 - Limited alertness
 - Muscle spasms
- Complete the pressure injury risk assessment on admission and once per shift
- If identified, complete a wound management chart
- Use your clinical judgement to decide if additional strategies are required to prevent or manage pressure injuries
- Involve your patients, carers and their families in developing goals of care, including asking what preventative measures are used at home
- Use available pressure injury prevention equipment to prevent and manage pressure injuries - e.g. air mattresses, heel wedges etc.
- Provide education and support to your patients, carers and their families
- Ensure onward referral to other health professionals (e.g. continence clinic, physiotherapy, wound care, podiatry, dietitian etc.)

Where can I learn more about reducing pressure injuries?

- Refer to the pressure injury page on the intranet
- Complete the Welearn modules on wound care and pressure injury prevention and management
- Encourage your patients, carers and their families to watch the pressure injury video (available on the inpatient television channel)